

## IE22-24 Social Emotional Learning #2 - Coping

**PRESENTED BY****Sheldon Franken****SERIES SESSIONS**

Date	Time
November 30, 2021	4:00 PM – 5:00 PM

**LOCATION****Online - Your Computer****FEE****\$25.00****QUESTIONS?****Contact Us:****780-623-2248****REGISTER ONLINE****Visit our website to register:****[lincs.ca](https://lincs.ca)**

### Program

In this session we will be taking a deep look into the integral relationship between coping and the various social emotional learning constructs we explored in the initial workshop. We will be actively participating in a variety of different strategies that can support the development of healthy coping within a variety of settings, situations, and populations. The strategies themselves will be based on the Dialectical Behavioural Therapy model of coping called A.C.C.E.P.T.S. Specifically, explore how activity, distraction, cheerfulness, thankfulness, gratitude, helpfulness, and consciously activating our senses can be incredibly meaningful coping strategies – yet are commonly ignored. In this time of COVID-19 and its impact on our moods, actions, and thoughts, expanding our coping toolboxes to strengthen our social emotional learning foundations has never been more critical. Come join this follow up workshop, from the Serious Play: Building your Social Emotional Learning Toolbox workshop, for an opportunity to increase coping capacities and overall mental wellness for ourselves and our students and continue to reinforce the road towards resiliency.

This learning opportunity is being offered through a grant from Alberta Education.

---

## Presenters

### Sheldon Franken

Sheldon Franken has a B.Ed in Physical Education and a M.A. in counselling psychology. He is a school counsellor for the Vancouver School Board and the workshop facilitator and owner of Inquiry Adventures. Sheldon has presented workshops and Keynotes on various social-emotional learning and experiential education topics to educational and wellness organizations across North America. Sheldon is known for his hands-on and active style of presenting and for providing participants with practical strategies and tools they can use in their practices immediately.

---

## Registration Notes

Once you have registered for a professional learning session, our system automatically generates and sends a **'Confirmation of registration email'**. This 'automatic response' will be sent to the email address you enter at the time of registration'. If the workshop you registered for is **Online**, you will find a link to connect you to the workshop in your confirmation email. If you do **NOT** receive a confirmation email within 24 hours of registering, please check your **Spam/Junk/Trash file**. If you do not receive a confirmation email, please contact [celine.zevola@learning-network.org](mailto:celine.zevola@learning-network.org)