



BUILDING RESILIENCY SKILLS

Presented by: Paul Lewis, RCC, CCC

Date: Friday, April 27, 2018

Location: Columbia Bible College Campus (Clearwood Room)

2940 Clearbrook Rd, Abbotsford, BC V2T 2Z8

Time: 9:00 am - 3:30 pm

Doors Open / Coffee: 8:30am

"Resilience is the ability to remain well, even in the face of significant adversity."

Students in today's classrooms experience significant stress and anxiety, and many need help learning to cope. This workshop will explore some common sources of adversity experienced by many children and youth. The concept of resiliency will be defined and participants will explore key foundational skills in building resiliency, from childhood, and across developmental stages, as children and youth move through school. Participants will discuss the important and shared role between families and educators in building resiliency, and will learn positive, practical and effective strategies for building emotional regulation and resiliency skills in the classroom. Connections to resources for further information and learning will be provided.

Who Should Attend:

- K-12 Classroom Teachers
- Learning Assistance / Resource Teachers
- Parents and other professionals who support students with complex learning needs



Register Today!



Meet our Presenter:

One of the co-founders of Lifted Counselling and Consulting, PJ is Registered Clinical (RCC) and Canadian Certified (CCC) Counsellor. PJ has particular expertise in providing individual, group and family treatment to high-risk youth and families experiencing concerns such as suicidality, self-harm, emotional dysregulation, impulsivity, depression, anxiety, trauma, psychosis and addictions. PJ focuses his practice from an interpersonal approach with thoughtful integration of cognitive and behavioural, skill-based strategies. As a skilled speaker and consultant, PJ has presented at numerous forums, workshops, and conferences locally, nationally and internationally providing consultation and skill-based trainings for parents, educators, counsellors, and health care professionals.

Registration Information:

Please register and pay online at www.bccec.org

Registration Deadline: Friday, April 20, 2018

Register early, enrolment is limited.

Registration Fee: CEC members \$65.00 | Non CEC members \$120.00

Registration includes morning refreshments, lunch and all workshop handouts and materials. Free Parking is available in the visitors parking lot on campus.

About the BC Council for Exceptional Children

Since its inception, BC CEC has advocated for students with exceptionalities—those with disabilities and special challenges as well as those with gifts and talents. BC CEC is committed to individuals who work with students with exceptionalities—educators, support personnel and parents—recognizing that these dedicated people require tools, resources and professional opportunities to perform their jobs well. BC CEC supports these individuals by providing educational workshops and conferences on leading best practices throughout the year. BC CEC's highlight each year is the YES I CAN! Awards celebration to recognize the outstanding achievements of students with exceptionalities in British Columbia. Students from around the province are recognized in one of seven different categories: academics, arts, athletics, school and community activities, technology, self-advocacy, and transition. Consider nominating a student you know. For more information about the BC Council of Exceptional Children, check out our website - www.bccec.org. Like us on Facebook!

Register Online at www.bccec.org