

Supporting Positive Mental Health Using a Cross-Cultural Lens

Presented By: Jane Gallacher & Susan Somerville

Date(s):

Thursday, February 06, 2020
9:00 AM - 3:30 PM

Session Location:

Central Alberta Regional Consortium
8 Page Avenue, Red Deer, AB

Registration Fee:

\$50.00

Audience: ELL teachers

Grade Level: 1-9

About the Session:

During this one day workshop, Jane and Susan will discuss the risk and protective factors, mental health symptoms and behaviors, and provide an overview of mental disorders from a cross-cultural perspective. Upon completion, participants will have learned to recognize subtle mental health symptoms and changes in students' behaviors. Participants will develop a toolbox of culturally appropriate, evidence-based strategies to engage students in their learning, promote positive mental health and foster resiliency.

About the Presenter(s):

Jane Gallacher & Susan Somerville

Jane Gallacher has been an Educational Consultant/ Registered Psychologist for Golden Hills School Division for the past seventeen years. Prior to becoming a psychologist, Jane was a Junior High School classroom teacher and High School Resource teacher for the Calgary Board of Education. As part of her role at Golden Hills School Division, she is the English as a Second language consultant. Jane has been part of the ESL rural symposium since its inception. She has completed her TESL Canada Level 1 certificate and TESOL Separating Difference from Disability course. Jane is passionate about ensuring ELL students meet their full potential in the school setting.

Susan Somerville has been an Instructional Coach for the Golden Hills School Division for the past three years. In addition, she has over twenty-five years of teaching experience including Kindergarten through to adults. She currently teaches ELLs at the University of Calgary and holds her TESL Canada Standard 1 certification. Her areas of focus include English as a Second Language, inclusive education and differentiation. She is passionate about coaching educators and working with students with learning differences as well as incorporating the use of technology to enhance learning.