

# Mental Health Expo- EMMS GR 7-8

Workshop	Description
<b>Session 1</b>	
9:10 - Alcohol & Drug Awareness	Learn about Alcohol and Drug Awareness and how to build helpful strategies for making healthy choices and dealing with peer pressure.
9:10 - Cardio Drumming	Feel and experience the pulsating rhythms, dynamic movements and powerful percussions of this new and unique high-energy dance rhythmical workout. Cardio Drumming combines movement with the power of drumming. It's a workout for the entire body as well as a powerful tool for stress reduction and mental balance. Come and experience the joy of music, movement, and rhythm and feel like a rock star! Join us for Cardio Drumming to get all the mood boosting benefits of exercise!
9:10 – Finding your Joy & Passion	What makes you smile? What helps you to feel good about yourself even when things are not going very well? Let's spend a little time together and find out how to find joy and see yourself as important.
9:10 - Cyber Smarts & Online Safety	Do you love the internet? Is Fortnite your fav? Is Snapchat your jam? Is your Instagram streak on fleak? This is the section for you.
9:10 - First Nation Traditional Dance	Learn about First Nations traditional dance, including how and why people dance. You will learn some basic steps and moves and be introduced to the following dances: Jingle Dress (ladies), Fancy Shawl (ladies), Grass Dance (men) and Traditional (men). Dancers will present/teach dances in beautiful regalia (traditional clothing). Leave the workshop with a souvenir to remember what you've learned!
9:10 - Girl power - Empowering Girls	A girls only option focusing on a move to greater independence and balancing life decisions. Be ready to participate in discussions, games and activities.
9:10 - Mental Illness, Mental Health, Mental Wellness	An informational and inspirational presentation about the different types of mental illnesses with tips on how to maintain mental health and wellness.
9:10 - Mindfulness	Mindful awareness exercises help develop concentration and self-awareness. The purpose is to become aware of your present moment state, this can be done through a number of activities including drinking hot chocolate, focused breathing, recognizing specific things in your environment or even eating. Come and see what mindfulness can do for you... and yes, there will be treats provided.
9:10 - Strong Mind	Learn how “screen time” has warped our thinking, and how to use the power of your own brain to overcome worries.
9:10 - Thinking Traps: Don't Believe Everything You Think!	You're the one in charge of how you react to life. But did you know that sometimes the way you think can trap you into feeling negative and powerless? These are called Thinking Traps. Together we will learn to identify thinking traps, and ways to take back control.

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9:10 - Understanding Anxiety	Let's have some fun while we learn more about anxiety and how it affects your thoughts, your body and what you do? Learn how to deal with "Mr.Worry" and practice ways to relax.
9:10 - Understanding Depression	Brains can have a mind of their own! Sometimes feelings of sadness and unhappiness outweigh feelings of happiness and excited emotions. It can make it hard to concentrate at school or hang out with friends. So let's talk about it~ let's talk about depression and see what positive things we can do to help our brains. Let's also talk about the people who can be there to be a support! #strengthinnumbers #yourbrainmatters
9:10 - What to do, what to do?!	Making a decision can be complicated. Let's find ways to cut through all complications and make decisions with confidence!
9:10 - Yoga for Mental Health	A hatha yoga class including deep breathing exercise, a gentle yoga practice to stretch and release tension that can be stored in the muscles and a guided imagery meditation to encourage a deeper sense of relaxation. Stress impacts a person's mental health and this class will provide some simple tools that everyone can use in a stressful situation, helping to encourage a positive state of mind.
9:10 - You Love Music...Now Make it Work for You!	Come for an explanation of how music plays with your emotions, tips on how to harness that power, and try out some hands-on "musicking".
9:10 - Zumba	ZUMBA® is a fitness-party with a contagious blend of Latin and international rhythms providing a fun, exhilarating, and effective workout. It's good for your body and your brain! Regular exercise can have a profoundly positive impact on depression, anxiety, ADHD, and more. It also relieves stress, improves memory, helps you sleep better, and boosts overall mood. And you don't have to be a fitness fanatic to reap the benefits. Join the Zumba session to get all the mood boosting benefits of exercise!

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## Session 2

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9:50 - Alcohol & Drug Awareness	Learn about Alcohol and Drug Awareness and how to build helpful strategies for making healthy choices and dealing with peer pressure.
9:50 - Can you see my pain?	Self-harm is a way some people use to deal with their emotional and psychological pain. However, it only leads to further problems and does not provide a solution. We will look at what it is, what it does, what to do is someone is doing it, and what to do instead.
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9:50 - Girl power - Empowering Girls	A girls only option focusing on a move to greater independence and balancing life decisions. Be ready to participate in discussions, games and activities.
9:50 - Hula Hoop Fitness	There is so much more to Hula Hooping than wiggling! During this workshop, participants will master waist hooping and explore the fun and benefits of playful, yet simple, tricks. Hoops will be provided in a variety of sizes to ensure everyone's success. To wrap up the lesson, the instructor will give a performance designed to inspire and amaze. Experience the awesomeness of the hoop!
9:50 - Know Your Brain	Learn how your brain works, how it controls what you do, and what it needs to stay in control.
9:50 - Mindfulness	Mindful awareness exercises help develop concentration and self-awareness. The purpose is to become aware of your present moment state, this can be done through a number of activities including drinking hot chocolate, focused breathing, recognizing specific things in your environment or even eating. Come and see what mindfulness can do for you... and yes, there will be treats provided.
9:50 - Octopus and Chopsticks! What is Culture Shock and What Should We Do About It?(GR 5-6)	What is culture shock? What does it feel like to go through culture shock? The speaker will talk about his 2 years living in Japan and 10 years working with newcomers to Manitoba. This interactive session will allow you to experience a little bit of culture shock and challenge you to think about how you can be part of a welcoming community.
9:50 - Thinking Traps: Don't Believe Everything You Think!	You're the one in charge of how you react to life. But did you know that sometimes the way you think can trap you into feeling negative and powerless? These are called Thinking Traps. Together we will learn to identify thinking traps, and ways to take back control.

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9:50 - Understanding Autism

This short presentation on Autism Spectrum Disorder [ASD] will include a definition and characteristics of Autism. How kids with ASD communicate, some behaviors, sensory needs, and how you can help someone with ASD. There will be time for questions at the end of the presentation.

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