

## On-line Learning Opportunities

### **MOOCs (Massive Open On-line Course) through UBC**

Reconciliation through Indigenous Education: This course will help you envision how Indigenous histories, perspectives, worldviews, and approaches to learning can be made part of the work we do in classrooms, organizations.

<https://pdce.educ.ubc.ca/reconciliation/>

Learn Mental Health Literacy: Developed by education and mental health professionals, this seven module (8 to 10 hours) course will provide you with a foundation of mental health literacy, including effective strategies to use in your educational settings and in your own life.

<https://pdce.educ.ubc.ca/learn-mental-health-literacy/>

### **Coursera.org: University of Yale**

The Science of Well-being: In this on-line course you will engage in a series of challenges designed to increase your own happiness and build more productive habits

<https://www.coursera.org/learn/the-science-of-well-being>

Positive Psychology: Resilience Skills: In this course, you are exposed to the foundational research in resilience, including protective factors such as mental agility and optimism. Several types of resilience interventions are explored including cognitive strategies; strategies to manage anxiety and increase positive emotions such as gratitude; and a critical relationship enhancement skill. Throughout the course, you will hear examples of individuals using resilience skills in their personal and professional lives.

<https://www.coursera.org/learn/positive-psychology-resilience?specialization=positivepsychology>

### **Trauma-informed Practice:**

BC Trauma-Sensitive School Kit: Tools for Creating Trauma-Sensitive Schools in British Columbia:

<https://www.traumasensitiveschoolkit.com/interventions>

### Compassionate Learning Communities: Supporting Trauma-Informed Practice:

The resources include four workshop packages, intended to support schools and districts to affirm their current trauma-informed practice and further develop compassionate learning communities that operate within a trauma-informed practice. These workshops are intended for anyone who wishes to host professional development sessions for staff, or awareness sessions with other groups, or for individuals to view on their own.

<https://mytrainingbc.ca/traumainformedpractice/>

### **Mental Health**

Anxiety Canada: A collection of tools and resources on the topic of anxiety.

<https://www.anxietycanada.com/>

Teen Mental Health: The Mental Health and High School Curriculum Guide

<http://teenmentalhealth.org/>

Wellbeing BC: created with funding from BC Ministry of Education to support the mental health pillars of Wellbeing including SEL, Mental Health Literacy and Trauma Informed Approaches.

<https://www.wellbeingbc.ca/>

Heart-Mind Online: Heart-Mind Online is for all those who are searching for evidenced-informed resources that educate the hearts of children. The collection of resources builds capacity in individuals and communities to support the Heart-Mind well-being of children and promotes their positive social and emotional development.

<https://heartmindonline.org/>