

Calling all  
grade 4, 5 & 6  
Teachers!!



SCHOOL DISTRICT 60  
PEACE RIVER NORTH

# MENTAL HEALTH LITERACY

Understanding Mental Health Literacy is the basis for  
promotion, prevention and care.

## AM

- Understand mental health and mental illness
- Gain foundational knowledge to effectively teach about mental health to your students

## PM

- Explore the Elementary Mental Health Literacy Resource
- Plan for teaching flexible, pre-made lessons to your students

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Date: Friday January 27, 2023  
Time: 9am-3pm  
Contact: [ecarlstrom@prn.bc.ca](mailto:ecarlstrom@prn.bc.ca)