

## CDA Programs & Services

### Providing preventative and supportive topics

I offer a wide spectrum of programs and services to the students, teachers, and you the parents.

- I develop and implement programs relating to the social/emotional growth of students.
- I provide proactive and preventative programs as well as intervention with issues which have already been identified.
- I conduct individual and group sessions in the areas of classroom survival skills, self-esteem, friendship, anger management, social skills, getting along, bullying, divorce and grief, relaxation and stress management. I also provide preventative programming in individual classes.
- I conduct a year long social skills program in all grade one classes.
- I conduct a year long self-esteem program, Free the Horses, in all grade two classes.
- I assist students in resolving conflicts and teach them how to handle these situations and work towards a win-win solution.
- I work with teachers to help assess student's strengths and needs in regards to social skills.
- I have Teddy Bear Grams in each classroom. These are used when a student has a problem or is experiencing a conflict with a peer and needs to talk to someone.
- I provide support to teachers in the classroom relating to student behaviour.
- I provide information for parents on numerous topics. If you require information I do not have I will try to get it for you.
- I provide support and resources to parents and families.
- I am in charge of the Friendly Helpers and conduct a 6 week training program. The Friendly Helpers assist peers in conflict resolution as well as plan recess activities for our students.
- I arrange theme days to help promote a positive school environment.
- I arrange school wide Fun activities to increase school climate
- I am in charge of Club Moo, a school wide milk incentive program