

# Mental Wellness during the Holiday Season

Miyo-mâmitoneyihcikan / Kedih ùùjón "Good Mind" Learning Series

December 10th, 2020

10:30-12:00

Tips and information on how to take care of yourself and others through the holiday season.

## Objectives:

- Identify stress indicators and coping skills
- Learn ways to celebrate the holidays safely during a pandemic
- Identify where to get extra information and support

## Speaker:

Ruth Soult works at Alberta Health Services in Addiction and Mental Health, based in Peace River. She lives outside of Peace River, on a beef cattle farm. She has had the opportunity and honor to work in many Northern communities such as John D'Or Prairie, Fox Lake, Paddle Prairie, Little Buffalo, Cadotte Lake, and other communities facilitating suicide prevention courses, mental health first aid, Transform your Stress and other courses. She enjoys meeting people from across the North Zone and is always learning many new things from these communities.

Trina Napier is a Youth Addiction/Tobacco Reduction Counsellor with Alberta Health Services - Addiction and Mental Health, Slave Lake. She is originally from northern B.C. and has lived in northern Alberta for the past 19 years. She has provided presentations and support to people from numerous First Nations Reserves and Metis Settlements in the Slave Lake and St. Paul areas throughout that time.



Target Audience:  
Health Directors,  
Community Based Workers,  
Interested Learners

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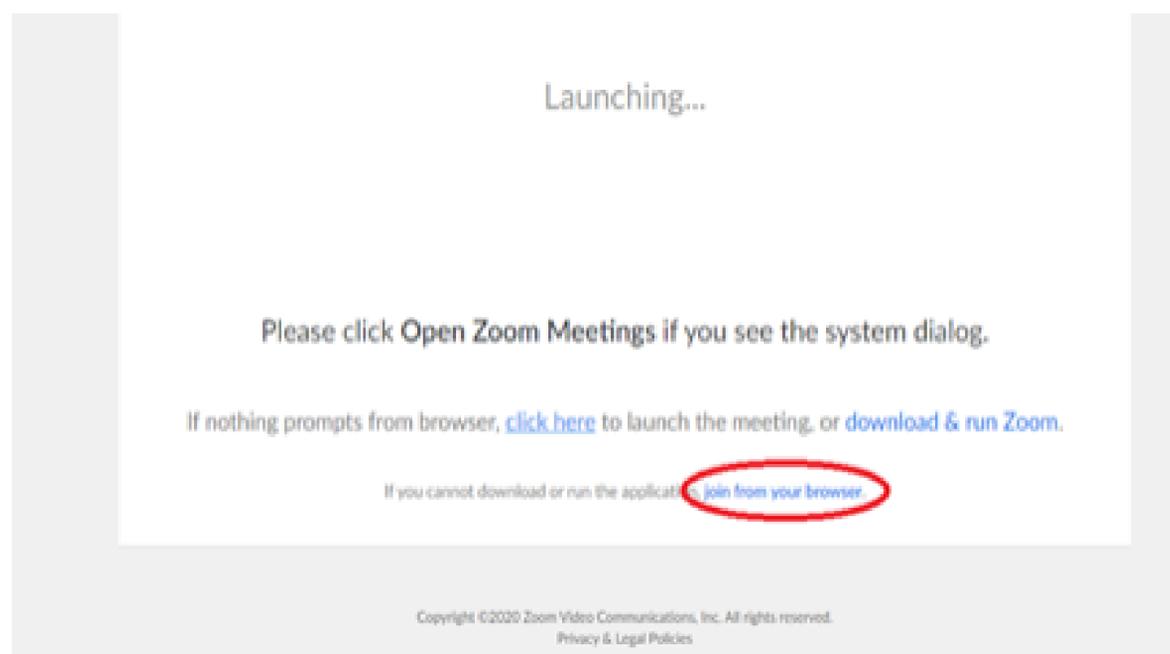
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