

Family Newsletter:

Mental Health and Well-being for Learning



PRAIRIE SPIRIT
SCHOOL DIVISION

April 2025

Mental Health Literacy

On Tuesday, May 6, the Saskatchewan Industry Education Council (SIEC) will host a learning event with Dr. Shimi Kang called **Navigating the Tech Revolution**. Dr. Shimi Kang is an award-winning psychiatrist and neuroscience expert. She will provide practical tools to help families harness the benefits of AI and technology while avoiding the risks of addiction, polarization, and toxic tech.

Dr. Kang breaks technology into three categories:

- toxic tech
- junk tech
- healthy tech

Dr. Kang provides perspective on the importance of a balanced technology diet, using technology for:

- health and wellness
- meaningful connections
- learning and creativity

She recommends limiting technology that is mindless gaming, entertainment and social media.

Navigating the Tech Revolution

Tuesday, May 6, 7 - 8 p.m.

This is a free presentation that you can join in person at Centennial Collegiate (160 Nelson Rd, Saskatoon, SK) or attend virtually—a link will be sent out prior to the event.

Don't miss this opportunity to gain valuable insights on supporting your child in today's digital world!

✓ Register now: [Dr. Shimi Kang Registration](#)



NAVIGATING THE TECH REVOLUTION

PROVIDING TOOLS FOR PARENTS AND GUARDIANS TO SUPPORT THEIR CHILD IN A DIGITAL WORLD

TUESDAY May 6, 2025
7:00 PM - 8:00 PM

This event is free of charge

In Person
Centennial Collegiate
160 Nelson Rd
Saskatoon, SK

Virtual
A link will be sent out prior to the event.

SPEAKER
DR. SHIMI KANG
Psychiatrist | Author | Speaker

Join Dr. Shimi Kang for an eye-opening presentation on harnessing the power of AI and tech to optimize health, connection, and innovation—while avoiding the pitfalls of addiction, polarization, and toxic tech. Discover the five essential ingredients of a 'tech diet' and master the fire of our time!

[REGISTER NOW](#)

Trauma-informed practice

The SIEC Mind over Matters team have facilitated trauma-informed learning opportunities within Prairie Spirit schools. Here are a few learning highlights:

Co-regulation is the process of guiding and supporting the emotional regulation of others. It involves being present, and providing calm, reassuring responses during moments of stress or big emotions.

By modeling how to manage emotions and offering comfort or guidance, adults can teach children how to recognize and manage their feelings. Co-regulation helps children feel safe and supported, fostering their ability to eventually regulate their own emotions independently over time.

The following small moments of connection serve as powerful co-regulation strategies:

- Facial expressions
- Tone of voice
- Greetings
- Validation
- Active listening



Mental Health Supports

Rapid Access Counselling (RAC)

Family Service Saskatchewan's Rapid Access Counselling Program is delivered through a partnership of member agencies in communities across Saskatchewan.

Counselling sessions are available to children, youth, adults, and families in Saskatchewan.

Virtual counselling is available to support families across Saskatchewan.

For more information and to book an appointment: www.counsellingconnectsk.ca

