

## Taking care of ourselves and each other

**Everyone Matters in Chinook's Edge!** Our division's staff wellness initiative was quick out of the gate as the new school year got underway. Reps from across Chinook's Edge are discussing, developing and implementing strategies to support the well-being of staff. The Alberta Health Services 'Ways to Wellness' project provides a great reminder that taking care of your health also includes your mental health. Some of their ideas:

**Be Kind  
Be Active  
Be Yourself  
Practice Gratitude  
Get Your Groove On (dance!)  
Eat Healthy Foods  
Laugh!**



**Wellness** - Staff Health and Wellness champions from across the division met on Thursday to map out plans for the year ahead. Watch for more info and opportunities for input from this group in the next few weeks!

**Homewood Health** - Chinook's Edge offers a comprehensive Employee and Family Assistance Program through Homewood Health, for employees and their family members who have ASEBP benefits. This includes counseling, health, life balance and career support 24 hours a day/365 days a year.

**Call Homewood Health** at 1-800-663-1142 or visit [www.homeweb.ca](http://www.homeweb.ca) and sign up with your Chinook's Edge email. You'll find plenty of helpful information and resources there! Brochures on Homewood Health have been forwarded to schools and departments, and more are available as needed by emailing [peopleservices@cesd73.ca](mailto:peopleservices@cesd73.ca).

## New Centre opens doors to support families



**Grand opening** - Alissa McDonald (Community Development Coordinator, Sylvan FCSS), Ken Dropko (Executive Director of FCSS Branch), MLA Don McIntyre, Mayor Sean McIntyre, Colleen Lewis (Central Alberta Regional Vision for Non-Violence Coordinator).

Dignitaries cut the ribbon on a new 'Centre for Positive Relationships' in Sylvan Lake, the first of several communities in Central Alberta that will soon have similar supports for individuals and families. The initiative is part of a larger coalition of 13 communities working together to provide information and services that support prevention and awareness of family violence and bullying.

The communities of Benalto, Bowden, Delburne, Elnora and Innisfail are part of the coalition, and are expected to see similar resource centres open in their communities this fall.

Although Chinook's Edge is not responsible for the funding or staffing of the centres, they are well received by our staff who work to provide positive supports for families in our school communities!

**Be sure to check out RDNewsNow.com for info on nominating an Athlete of the Month!**