

Pro-D Offering



FREE Online Anxiety Strategies Courses for BC Educators – K to Grade 12

For registration go to <https://healthymindsbc.gov.bc.ca/ease-registration/>

**** Please be sure to register a few days in advance and use your sd73 email**

EASE K-7

The Everyday Anxiety Strategies for Educators (EASE) online course and classroom resources for Kindergarten to Grade 7 are available at no cost for B.C. educators.

You will complete a series of interactive activities and create an action plan for using EASE strategies with your students. The activities are intended to help you further build a supportive learning environment for all students.

The EASE K–7 course takes approximately two to three hours to complete and will help you:

- understand anxiety and recognize it both in your students and in yourself
- understand the difference between everyday and problem anxiety
- understand the psychological theory that informs the EASE classroom lessons and the cognitive behavioural therapy (CBT) principles on which they are based
- strengthen your mental health literacy

AISE

Apaiser l'Anxiété : Interventions et stratégies pour les éducateurs/trices, the French translation of EASE K–7, was developed through a partnership with School District 93, Conseil scolaire francophone de la Colombie-Britannique.

On completing EASE K–7 or AISE, you'll receive a certificate of completion and access to the EASE classroom lessons in English and French.

The EASE K–7 classroom lessons have been adapted for parents and caregivers to use with children at home. Educators can share the EASE at Home weblink link with students’ parents and caregivers

For further information or support, please contact your SD73 EASE liaison, Jocelyn Campbell, at jcampbell@sd73.bc.ca

EASE 8-12 just released!

The Everyday Anxiety Strategies for Educators (EASE) online course and classroom resources for grades 8–12 are available at no cost for B.C. educators.

The EASE 8–12 course will take approximately two to three hours to complete and will help you:

- understand anxiety and recognize it both in your students and in yourself
- understand the difference between everyday and problem anxiety
- understand the psychological theory that informs EASE and the cognitive behavioural therapy (CBT) principles on which EASE is based
- strengthen your mental health literacy

You’ll complete interactive activities, learn from B.C. educators and students about their experiences with anxiety, and learn ways to incorporate EASE strategies with your students or in your classroom. The resources and activities are intended to help you further build a supportive learning environment for all students.

By completing EASE 8–12, you’ll receive practical, flexible, curriculum-aligned, evidence-supported information and strategies to better equip you to support everyday (mild to moderate) anxiety in your grades 8–12 classrooms, and a certificate of completion.

For further information or support, please contact your SD73 EASE liaison, Jocelyn Campbell, at jcampbell@sd73.bc.ca