

Healthy Minds Healthy Children

MORE

Mental Health Online Resources for Educators



CES Parent Modules

Community Education Service (CES) and Mental Health Online Resources (MORE) have partnered to bridge topical mental health information and resources parents and educators may want to learn about, through a series of 5-minute online modules.

Coming Soon in 2019-2020:

Encouraging Positive Growth Mindsets

Mindfulness: Anxiety & Stress Management

Boys Learn Differently

Girls Learn Differently

Talking to your Child about Self-Harming

*Subscribe to our blog
for updates!*

The Community Education Service (CES) provides parents/ caregivers and other community members with opportunities to access free, public education sessions on child and youth emotional wellness and health topics.

How does this work?

School staff access CES parent modules on the MORE website to review and determine how to best use the modules.

Module features:

- 5-minute modules viewable on most devices, and easy to navigate
- relevant resources linking to school PD initiatives
- advertising for school communications, including registration links



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growing healthy minds, supporting healthy children

