

Pembina Hills Local 22

Highlight Reel

November 2021



The Cost of Caring: How to Plan to Protect your Mental Wellbeing using HEARTcare Planning - Online session for PD Region B

- This presentation is based on a two-year research study sponsored by the Association and the Alberta School Employee Benefit Plan that was conducted by Dr Astrid Kendrick, from the University of Calgary. This study examined how educators, by providing emotional labour, are at greater risk to experience compassion fatigue, compassion stress, and / or burnout. The study also suggests HEARTcare planning, a mechanism by which teachers and school leaders can plan to protect and enhance their mental well being in times of trauma, crisis, and stress.
- Date: Wed. Dec. 1st, 2021
Time: 4:30 - 5:30 pm
Facilitator: Lisa Everitt
- Link to join available
here: <https://pdinregionb.sched.com/event/a6Me> (Please log in to Sched and click the session if you plan on attending. Then Sched can send you an email reminder on Dec. 1. Thank you!)
- Free to join for ATA members!!

Annual General Meeting (AGM)

- Pembina Hills Local 22 will be holding their Annual General Meeting on Thursday, April 28th 2022.
- It will start at 4:15pm
- The AGM will be online again this year as we hope to resume in person AGMs the year following (2023).

Teachers Conventnion

- Rick Mercer will be speaking at convention
- This will be a fireside Q&A session.
- All questions need to be sent ahead of time using this link:
<https://forms.gle/4SveuZn8KKZGiTpm6>
- NCTCA has a new website located at:
<https://www.mynctca.com/>
- Go check out the website to see all convention speakers and details regarding the convention!

**For more details, contact your
School Representative.**