

Webinars, Presentations & Resources

- [HCOS Connect 2024 Recordings](#)
- [HCOS Connect 2023 Recordings](#)
- [HCOS Connect 2022 Recordings](#)
- [HCOS Connect 2021 Recordings](#)
- [Understanding Anxiety Amidst COVID-19 Webinar](#)
- [Unintended Consequences - Presentation from Phil Hills at RenewED 2019](#)
- [Wired for Connection Webinar](#)
- [Workshop Recordings for Families](#)

HCOS Connect 2024

Recordings

Welcome!

4 Stages of Parenting

Calm Parenting

1000 Conversations

HCOS Connect 2023

Recordings

Welcome!

[SlideDeck](#)

<https://player.vimeo.com/video/824873551?h=acb2a078c6>

The Power of Story ~ Sigmund Brouwer

<https://player.vimeo.com/video/824256468?h=49491613d9>

The Best Laid Plans... Don't Matter ~ Dan Duncan

[SlideDeck](#)

<https://player.vimeo.com/video/824886699?h=e28b990f52>

Creating School Strategies for Unique Brains ~ Dan Duncan

[SlideDeck](#)

<https://player.vimeo.com/video/824886322?h=1b0b31f02c>

Building Resilience in Ourselves and Our Children ~ Katy Kwon

<https://player.vimeo.com/video/826048692?h=050664d4ec>

Guiding Curriculum Choices with Q&A ~ Cynthia Duncalfe

[SlideDeck](#)

<https://player.vimeo.com/video/827368328?h=b7fb426771>

HCOS Learning Commons: Resourcing You for Success ~ Cynthia Duncalfe

[SlideDeck](#)

<https://player.vimeo.com/video/827371984?h=f3b9585aa0>

Graduation 101 ~ Brad Lemon

[SlideDeck](#)

<https://player.vimeo.com/video/827374405?h=66cff8115>

HCOS Connect 2022

Recordings

Lifting Our Eyes Up

With Sara Kraushar & Craig Kwiatkowski

[SlideDeck](#)

<https://player.vimeo.com/video/712217441?title=0&byline=0>

Your HCOS Universal Support Toolbox

With Alison Ellis and Destiny Ward

[SlideDeck](#)

<https://player.vimeo.com/video/716118689?title=0&byline=0>

The HCOS Learning Commons: Resourcing You for Success

With Pippa Davies and Cynthia Duncalfe

[SlideDeck](#)

<https://player.vimeo.com/video/715968148?title=0&byline=0>

Grad 101 (For Grades 8-12)

With Brad Lemon

[SlideDeck](#)

<https://player.vimeo.com/video/713386302?title=0&byline=0>

Being Nurtured in Nature

With Shelley Anderson

[SlideDeck](#)

<https://player.vimeo.com/video/710566606?title=0&byline=0>

HCOS Connect 2021

Recordings

Below are the recordings from HCOS Connect 2021.

To access the videos, you must have the password. Contact your Teacher or Grad Advisor for the password. Please note, the passworded videos are not to be shared outside HCOS.

[HCOS Staff - here is the link to the page with the password](#)

Session #1

Jeremy Sample - Growing Independent Learners Through Executive Functioning

[Slide Deck From Presentation](#)

[Stay Focused for Chrome](#)

[Freedom](#)

[Get Cold Turkey](#)

<https://player.vimeo.com/video/544712846?title=0&byline=0>

Jeff Laird - Good Education In Home Learning

[Slide Deck from Presentation](#)

<https://player.vimeo.com/video/545162391?title=0&byline=0>

Phil Hills - The Narrowing of the Public Mind and a Courageous Christian Response

<https://player.vimeo.com/video/544766129?title=0&byline=0>

Session #2

Dan Duncan - ADHD: It's Not What It Looks Like

[Slide Deck from Presentation](#)

<https://player.vimeo.com/video/544755927?title=0&byline=0>

Grant Wardle - Middle School: The Secret of My High School Success

[Slide Deck from Presentation](#)

<https://player.vimeo.com/video/544797789?title=0&byline=0>

Andy Stieger - Apologetics at Home: 5 Best Practices

[Slide Deck from Presentation](#)

<https://player.vimeo.com/video/545089472?title=0&byline=0>

Session #3

Katy Kwon - Understanding Anxiety and Depression in Youth and Children

[Links to Resources](#)

<https://player.vimeo.com/video/544776645?title=0&byline=0>

Chelsea Bitgood - The Graduation Program at HCOS

[Slides from Presentation](#)

<https://player.vimeo.com/video/545545944?title=0&byline=0>

Greta Eskridge - Parenting in the Age of Pornography

[Resources and Links](#)

<https://player.vimeo.com/video/545182396?title=0&byline=0>

Understanding Anxiety Amidst COVID-19 Webinar

Recorded April 2, 2020

A big thank you to Julie Bohni (Registered Clinical Counsellor) for sharing about how we are wired, and strategies to deal with anxiety in these tumultuous times.

Description of session: To say these are unprecedented times seems like an understatement. Never before has our world socially distanced in an attempt to shrink the spread and impact of a virus. But here we are...all encouraged to stay home...and feel uncertain? Anxiety is a normal response to uncertainty, but what do we do with our worry and ruminating negative thoughts? Join Julie Bohni, a registered clinical counsellor, to understand our brain's response to stress and anxiety. As well, gain practical insight and tools (for ourselves and teaching/parenting) to gain awareness and develop strategies to cope with anxiety during this COVID-19 time.

<https://player.vimeo.com/video/403509407>

Links from session or tools within HCOS for families

- [**Learning Commons Stress Management Resources**](#)
- [**Learning Services "Hello Anxiety" Expression of Interest form for online Therapy groups**](#)
- [**Well-Being BC**](#)
- [**SoraApp - digital books on the topic of anxiety**](#) (Please log in to Sora first before clicking this link)
- [**Psalms 91**](#)
- [**Tenth Avenue North - By Your Side**](#) (Official Music Video hosted on YouTube)

Slides from Presentation

ANXIETY



Designed to Escalate

Here will be some words about how we are designed to escalate and that means our anxiety will escalate etc etc Here will be some words about how we are

Here will be some words about how we are designed to escalate and that means our anxiety will escalate etc etc Here will be some words about how we are designed designed Here will be some words about how we are

What makes it an anxiety disorder?

We all experience emotions like anxiety and sadness. What makes it a disorder is how severe it is and how much it interferes with our home, at school/work, and with friends and family.

Hidden Triggers

There are some things that trigger anxiety that most of us do not consider.



Lack of Sleep



Dehydration



Unbalanced Diet



Negative Thoughts

Coping Strategies: Deescalate

Deep Breathing

4 count in, pause, 4 count out.

Leader breath along side at pace. Encourage "fill your belly, expand your rib cage" "let your ribs collapse, empty your belly".

Social Connection

Take a Step into Nature

Observe what you see, how do you feel.

Journal

Writing helps decrease anxiety. *Some prompts are:*

1. I feel ..., I enjoy ..., I am ...
2. My favourite way to spend the day is...
3. Make a list of 30 things that make you smile
4. If my friend was feeling like I am I would say to them...
5. I am surprised by...

Grounding

Help them focus on the present.

Name 5 things that you can see. 4 things that you can touch. 3 things that you can hear. 2 things that you can smell. 1 thing that you can taste.

Splash cold water on your face. Hold a cold water bottle or ice. Sip cold water.

Identify feelings. I feel _____. Leader ask, "Can you tell me more about that?"

6. Make a list of things that inspire me when I am hurting (emotionally or physically)
8. The kindest thing I can do for myself is...
9. I feel most energized when...

ANXIETY

presents itself in many different ways...

The desire to control people and events.

Difficulty getting to sleep.

Feeling agitated or angry.

Defiance and other challenging behaviours.

Having high expectations for self.

Avoiding activities or events.

Pain like stomachaches and headaches.

Struggling to pay attention and focus.

Intolerance or uncertainty.

Crying and difficulty managing emotions.

Over-planning for situations and events.

Feeling worried about situations or events.

Unintended Consequences - Presentation from Phil Hills at RenewED 2019

Phillip Hills is the Executive Regional Director for ACSI Western Canada. The HCOS staff welcomed him to speak as a keynote at our RenewED 2019 conference.

Unintended Consequences - How our Digital Lives are Erasing our Identities
Presented by Phillip Hills, August 2019

<https://player.vimeo.com/video/357663462>

Wired for Connection

Webinar

A big thank you to Julie Bohni (Registered Clinical Counsellor) for sharing about how we are wired, and strategies to deal with anxiety in these tumultuous times. See the handouts below.

Part 1 - Recorded May 21st, 2020

<https://player.vimeo.com/video/421288360>

Handouts:

Ventral Vagal		
Safe		
Connected	The world is... I am...	
Sympathetic		
Mobilized		
Fight - Flight	The world is... I am...	
Dorsal Vagal		
Immobilized		
Collapsed	The world is... I am...	

©2018 Deb Dana, from *The Polyvagal Theory in Therapy: Engaging the Rhythm of Regulation*. Used with permission of the publisher, W. W. Norton.

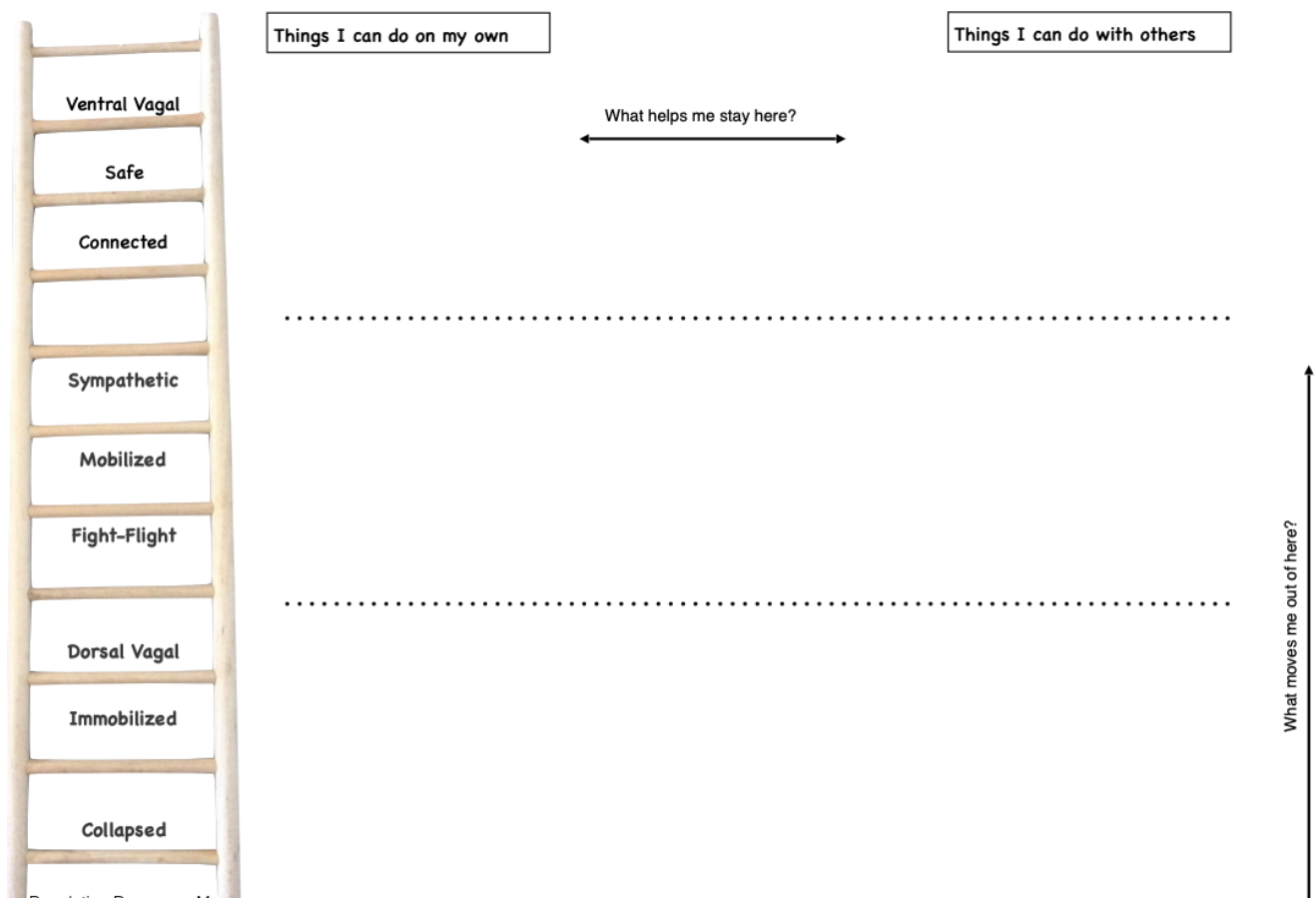
Part 2 - Recorded June 4th, 2020

<https://player.vimeo.com/video/426239408>

Handouts:



Regulating Resources Map



Workshop Recordings for Families

Finishing Well

<https://player.vimeo.com/video/708403384?title=0&byline=0>

Funding: Deadline, New PO's, and Planning for the Fall.

<https://player.vimeo.com/video/699514223?title=0&byline=0>

Understanding Report Cards

<https://player.vimeo.com/video/665025114?title=0&byline=0>

Developing a Good Writing Program

<https://player.vimeo.com/video/645338288?title=0&byline=0>

Planning for a Good Year

<https://player.vimeo.com/video/623869097?title=0&byline=0>

Teacher Visits and SLPs: Details and Benefits

<https://player.vimeo.com/video/607747639?title=0&byline=0>