

SCHOOL PROGRAM GUIDE

2025-2026

Rural
Response
for Healthy
Children



TABLE OF CONTENTS

3	ABOUT US
4	HOW TO BOOK A LEARNING SERIES
	ELEMENTARY PROGRAMS
5	SOCIAL EMOTIONAL LEARNING: SELF-REGULATION
6	PERSONAL SAFETY
	YOUTH PROGRAMS
7	GROWING RESILIENCE
	STAFF PROGRAMS
9	WELL-BEING: EVERY DAY, EVERYWHERE
10	CIRCLE OF SECURITY: IN THE CLASSROOM
11	CIRCLE OF SECURITY: CONSULTATION IN THE CLASSROOM
12	CONTACT

ABOUT US

Rural Response for Healthy Children is a non-profit organization serving families in Huron-Perth, Ontario.

Our team offers education and support groups, activities, and workshops for parents and caregivers who are experiencing life transitions (such as becoming new parents, immigrating to Canada, or co-parenting through separation) or coping with vulnerable situations.

We also educate children and youth with a focus on social and emotional learning, mental well-being, and personal safety at home, in the community, and online.

VISION

A healthy community where every family can thrive.

MISSION

Working together as a community to support healthy family development and well-being

VALUES

Responsiveness • Connections • Caring • Inclusive •
Approachable • Knowledgeable

HOW TO BOOK A LEARNING SERIES

Requesting a learning series for your class is simple and straightforward. We are flexible in our approach in order to make these programs work for you and your students.

STEP 1: CONSULT

Review the program offerings for this school year and consult with your Principal and/or Mental Health Lead to determine whether the program fits with the School Improvement Plan and classroom needs.

STEP 2: REQUEST

Request a program by contacting Kristi Michel at kmichel@rrhc.on.ca or 1 (226) 699-0707 ext. 105. Provide information to Kristi and make a plan for delivery dates and other logistical details.

STEP 3: PARTICIPATE

Participate in the program with your students!

STEP 4: EVALUATE

Please let us know about your experience of the program. Did it meet your classroom needs? How could we improve? We are all learning, and your feedback is valued.

ELEMENTARY PROGRAM

SOCIAL EMOTIONAL LEARNING

SELF-REGULATION

This program is suitable for students in **Kindergarten to Grade 6**.

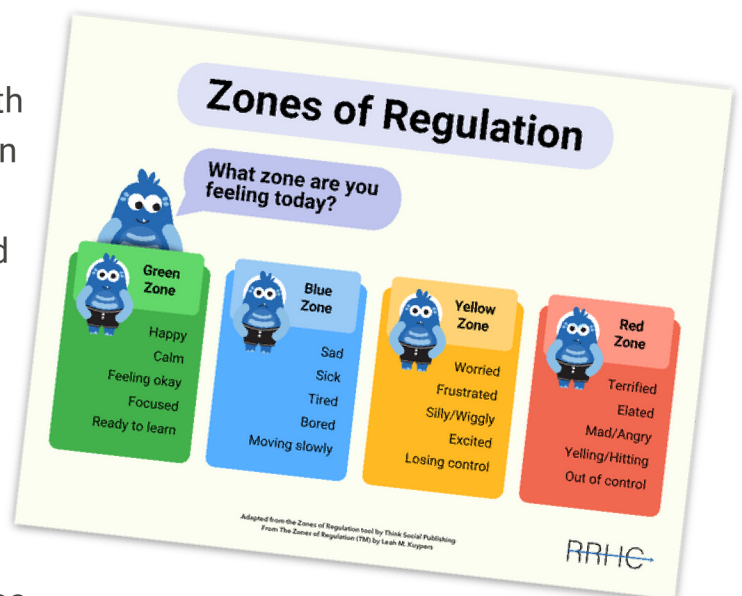
Rural Response for Healthy Children delivers this program on a weekly basis for 5 consecutive weeks or a unique schedule to meet your classroom calendar.

Self-regulation helps students cope with big emotions, adapt, and respond appropriately to their environment. It is an important skill for succeeding in school, community, and relationships. Students learn how to identify and communicate feelings, and develop a toolbox of activities and resources to support their individual regulation.

We will also provide a webinar to share with parents and caregivers to support common language and understanding at home. A link will be provided to send to parents and caregivers.

This program is funded by the Government of Canada and community donations.

Contact Kristi Michel at kmichel@rrhc.on.ca to register or learn more.



ELEMENTARY PROGRAM

PERSONAL SAFETY

This program is suitable for students in **Kindergarten to Grade 4**.

Rural Response for Healthy Children delivers this program on a weekly basis for 4 consecutive weeks or a unique schedule to meet your classroom calendar. Each session runs for approximately 45 minutes to 1 hour during school hours.

This program includes fun lessons with animated characters, stories, and activities that teach students how to be safe. Topics include identifying a safe adult, identifying feelings, naming body parts and establishing personal boundaries, as well as okay and not okay touching.

The goal of this program is to increase knowledge about personal safety, in particular staying safe and maintaining boundaries at home, school, and in the community. Teaching these safety skills in the early years establishes a foundation for later learning.

This program is funded by the Government of Canada and community donations.

Contact Kristi Michel at kmichel@rrhc.on.ca to register or learn more.



YOUTH PROGRAM

SOCIAL EMOTIONAL LEARNING

GROWING RESILIENCE

This program is suitable for youth in **Grades 7 and 8**.

Rural Response for Healthy Children uses an evidence-based approach to support Social and Emotional Learning as described by School Mental Health Ontario. It is implemented in the classroom by our facilitator, with the teacher or school personnel in attendance.

Growing Resilience includes six 1-hour long sessions that provide both teacher and students with strategies for:

- Positive motivation skills
- Relationship skills
- Emotion identification skills
- Self-confidence and identity skills
- Stress management and coping skills
- Executive functioning skills

After completing the six lessons, teachers can cue and coach students to apply the appropriate skills and strategies throughout the year to support a healthy and supportive classroom climate.

Contact Kristi Michel at kmichel@rrhc.on.ca to register or learn more.

STAFF PROGRAM

WELL-BEING: EVERY DAY, EVERYWHERE

In an effort to support community well-being, this virtual program is for teams, workplaces, school parent councils, and other working or volunteer groups.

Participants build understanding and identify tools that support their ability to relate effectively to others, positively motivate themselves, cultivate their sense of self-worth, identify and express emotions, self-regulate, manage stress, set goals, and manage their time and attention effectively. We all learn easy, everyday well-being tools we can use at work, at home, and in the community.

This program is approximately 60-90 minutes in length and is available upon request for small workplaces or groups over Zoom. Custom workplace plans are also available upon request for larger groups.

COST: \$60

Contact Kristi Michel at kmichel@rrhc.on.ca to register or learn more.

STAFF PROGRAM

CIRCLE OF SECURITY

IN THE CLASSROOM

Rural Response for Healthy Children offers the Circle of Security parenting program and is also now offering Circle of Security: In the Classroom. This professional development opportunity is intended for teachers, educational assistants, and support staff.

This is a video-based self-reflection program lasting 8 weeks to help facilitate a positive, supportive classroom environment. Each weekly session is approximately 1-hour long. Participants will learn how to promote secure relationships within the school setting, how student behaviour relates to attachment needs, and how to implement this framework in their classrooms.

This program was developed with teachers in mind to capture the complexity of relationships in the classroom. Full attendance of the 8-week series includes a certificate of completion.

This program is funded by the Government of Canada and community donations.

Contact Kristi Michel at kmichel@rrhc.on.ca to register or learn more.

STAFF PROGRAM

CIRCLE OF SECURITY

CONSULTATION IN THE CLASSROOM

This professional development opportunity is intended for teachers, educational assistants, and support staff that have completed the 8-week Circle of Security: In the Classroom program. This is a coaching program for guided implementation of Circle of Security concepts in the classroom.

The main concepts covered will be:


- How to create relationship-friendly classroom structures/protocols
- How to address unmet needs of specific children

Our facilitator uses specific approaches, such as Primary Groups, Sanctuary Time, and Coming and Going in Childcare to help establish this structure within the classroom with a hands-on approach. Our coaching will assist teachers in understanding many topics from children's relationship needs to how a specific child's relationship needs can be met.

We will discuss how Circle of Security is a behaviour translation approach, where we translate what seems to be dysfunctional or problematic behaviour into communication about unmet needs.

This program is funded by the Government of Canada and community donations.

Contact Kristi Michel at kmichel@rrhc.on.ca to register or learn more.



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