

OUR SERVICES

Celebrating EveryBODY!

An in-class training program designed for elementary school teachers, counselors and SEA's. The program promotes the health and well-being of students.

Training for teachers, counselors and SEA's is required to share this program.

**Each lesson is matched to the BC Ministry of Education Learning outcomes in Health and Career Education.*

Connecting with Kids

As an extension to our in-class training for children, our parenting program invites parents to explore their natural ability to connect with their children and experience the joy of family life.

Train the Trainer

We have designed this 3 part training to invite people to deepen their understanding of the 3 Principles of Innate Health. We will discuss how this understanding affects their work and personal life and how to share these Principles in the helping process.

@Work Series

Customized workshops for the workplace on how our state of mind creates our experience at work. Topics discussed but not limited to leadership, conflict resolution, stress and well-being.

Education Health/Support Groups Facilitator Training

Training is designed to assist facilitators of intervention groups to recognize what causes unhealthy behaviours. Participants will gain insight on how they create their experiences in life from the 3 Principles of Innate Health. To become a facilitator please review the Train the Trainer program.

OTHER PROJECTS

- **RESEARCH** - On-going research of all our programs and of "at-risk" groups for developing eating disorders
- **CAMPUS PROJECT** - Development of programs and resources for BC Colleges and Universities
- **YouTube VIDEO CONTEST** - promoting resiliency in BC Youth
- **PEDAW** - Development of resources and awareness activities for the Provincial Eating Disorders Awareness Week in February
- **HEALTH LITERACY RESOURCES** - Development of literature around body and weight issues



THE J. W. MCCONNELL FAMILY FOUNDATION



Rotary of Vancouver

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Celebrating the inner strength and beauty of everyBody

Mental Health and Wellness

Training Services & Resources

The deeper we understand the human experience the more potential power we have to create sustainable change

Jessie's Hope Society is British Columbia's only non-profit, volunteer, organization for the prevention of eating disorders.

We provide evidenced-based services and resources promoting healthy living and resiliency throughout BC communities.

OUR APPROACH

The foundation to Jessie's Hope Society's services is based on the 3 Principles of Innate Health - the human ability to engage the mental health and wellness that is innate in everyone.

Individuals, young and old, at times lose touch with this innate ability and suffer emotionally as they disconnect from their wellness.

Our approach educates individuals on how to reconnect the health and wellness in themselves and others regardless of circumstances. Through this educational experience, participants begin to recognize their own innate strength and resilience at any moment.

As they begin to tap into their own human potential they begin to create sustainable change in themselves, those they work and live with as well as their own communities.

The 3 Principles of Innate Health is a leading edge approach to wellness. These principles have been researched and developed for over 25 years. Their academic home is located at the West Virginia Initiative for Innate Health, Robert C. Byrd Health Sciences Center, University of West Virginia.

HEALTH AND WELLNESS IS AVAILABLE TO ALL

To build healthy and resilient communities, our programs are available to the following groups:

CHILDREN/YOUTH

Jessie's Hope Society's primary goal is to prevent eating disorders and other unhealthy behaviours in our children and youth. The sooner we engage children's resilience and wisdom to deal with life issues, the healthier and socially responsible they become.

ADULTS WHO SURROUND

CHILDREN - PARENTS, CAREGIVERS, TEACHERS

To assist our children to become more confident and resilient in life, it is important for adults to recognize how their state of mind plays a critical role to engage the potential of those in their care.

Once adults recognize the importance of role modeling well-being to children and youth, they become more connected to them. They will know how to naturally model and encourage healthy self-esteem and positive body image to the children and youth.

EMPLOYEES

To meet the needs of organizations and its employees on how to bring wellness to the workplace, we explore the link between our mental well-being and job performance.



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THE BENEFITS TO UNDERSTANDING THE 3 PRINCIPLES OF INNATE HEALTH

- Improved well-being & peace of mind
- Enhanced grace under pressure
- Increased enjoyment and satisfaction in work and life
- Improved communication and dialogue with others
- Recognize the source of resiliency and mental health
- Gain a new perspective on the source of unhealthy behaviour
- Recognize the inside out nature of life

TRAINING FORMAT

Our training is unique as it is based on a depth of understanding of the 3 Principles of Innate Health. The environment is relaxed and informal and taught through presentations, discussions and small group exercises. Our training does not rely on developing techniques, tools or skills, but rather an exploration of how our mind works, how our experience of life is created and how we use the function of thought.

TESTIMONIALS

"Thank you so much for helping us shift our thinking and learning about our "higher state of mind". This is important personal and professional work. We are all on this journey. Your workshop helped us move along the path to greater peace of mind" - SD36 Counsellors/Teachers

It has been very powerful for me on a personal level. I have been able to use this training in various situations. Now, I am becoming more aware of my thoughts. - SD42 Support Teacher

It's more about how I need to change then about what I want my kids to do." - Parent

"I never knew feelings were so powerful, and thoughts too. I didn't know how to see a situation in an other persons view, but thanks to Jessie's Hope, I now know." - Gr. 5 female student

"I learned that nobody can hurt your feelings" - Gr. 5 male student

"I learned how to calm yourself down (without punching pillows like I do) - Gr. 7 female student