

## Needle Felting Group

Yoko Gifford is an Adler University Master of Counselling and Art Therapy student. She is joining the Family Hope Clinic from September 2018 to May 2019 to provide art therapy groups and counselling. Yoko is skilled at working with fibers and is offering a lovely 2 session Needle Felting group for homeschool students. These sessions meet 3 core competencies in the BC curriculum and offer a fun, strengths based social opportunity; as well as support the broad population of grades 7, 8 and 9's mental wellness.

<b>Content:</b> Textiles
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| <ul style="list-style-type: none"><li>• range of uses of textiles</li><li>• variety of textile materials</li><li>• hand construction techniques for producing and/or repairing textile items</li><li>• consumer concerns that influence textile choices, including availability, cost, function (e.g., waterproof), and textile care</li></ul> |
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### **Core Competency: Applied skills, designs & technology**

**Big Idea:** Complex tasks require the sequencing of skills.

**Big Idea:** Complex tasks require different technologies and tools at different stages

#### **Curricular Competencies**

Defining, Ideating, prototyping, testing, making, sharing

Evaluate how the land, natural resources, and culture influence the development and use of tools and technologies

Choose, adapt, and if necessary learn about appropriate tools and technologies to use for tasks

### **Core Competency: Arts Education**

**Big idea:** Through art making, one's sense of identity and community continually evolves.

**Big Idea:** Dance, drama, music, and visual arts are each unique language for creating and communicating.

**Big Idea:** Engaging in the arts develops people's ability to understand and express complex ideas.

#### **Curricular Competencies:**

Create artistic works collaboratively and as an individual using ideas inspired by imagination, inquiry, experimentation, and purposeful play

Interpret and communicate ideas using symbols and elements to express meaning through the arts

Express, feelings, ideas, and experiences through the arts

## **Core Competency: Physical & Health Education**

**Big Idea:** We experience many changes in our lives that influence how we see ourselves and others.

**Big Idea:** Healthy choices influence our physical, emotional, and mental well-being.

**Big Idea:** Learning about similarities and differences in individuals and groups influences community health.

### **Curricular Competencies**

#### *Mental Well-being/ Social & Community Health*

Describe and assess strategies for promoting mental well-being, for self and others  
Create and assess strategies for managing physical, emotional, and social changes during puberty and adolescence (anxiety, depression, anger/frustration, identity exploration, hormonal/physical changes & mood etc.)

Identify factors that influence healthy choices and explain their potential health effects

Identify and apply strategies to pursue personal healthy-living goals

Reflect on outcomes of personal healthy-living goals and assess strategies used

Students will receive  
discuss with their parents  
support of  
connection- a vital lifelong  
has been proven in research  
on a person's mental health.



information to take home and  
regarding the above topics in  
family communication &  
social support. Social support  
to be the #1 single influence

*Yoko is available to see  
needed and this may provide  
students that do not qualify for  
programs. She will be available on Fridays for counselling sessions. Sessions are \$20 each to  
cover materials. Support will be provided by the Family Hope Clinic for families whose  
participation would not be possible due to financial hardship.*

*students for counselling if  
a great opportunity for  
funded counselling*

If you have any questions about this group or other counselling opportunities, please do not  
hesitate to contact me.

Blessings,  
*Angela Herd*  
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