



# THE UMBRELLA PROJECT

[www.umbrellaproject.co](http://www.umbrellaproject.co)

**Workshops  
2022-2023**

*Life isn't always sunny...  
but we can be prepared to 'weather'  
life's challenges.*

At The Umbrella Project, we take a proactive approach to equip educators, parents, and kids to handle the 'rain' of life with positive coping skills.

*"It is our mission to build strong communities by building strong kids."*

## WELL-BEING WITH US

With our research-based tools in hand, we join with schools to support the development of sustainable social and emotional well-being in student's lives.

We take an inquiry-based and curiosity fueled approach to mental health that brings out student's strongest skills and helps them confidently grow their more challenging ones. As students learn about and proactively build their own umbrellas, they are better able to work through their challenges, gain meaningful insights, and thrive.



Recipient of The Canadian Health Promotion Award "Team/Group Category 2019"



## MAKING AN IMPACT

Over the last two years, The Umbrella Project has partnered with Trent University to research and study the program impact in schools across Ontario. Working directly with Trent University's Emotion Lab under the supervision of Dr. Jim Parker, The Umbrella Project has been proven to have a statistically significant impact on improving student emotional intelligence, adaptability, interpersonal skills and stress management. The impact of The Umbrella Project was found universally across all boards, schools, grades and genders studied.

The Umbrella Project will continue conducting research with Trent University to uncover opportunities to improve program impact.

Review our most recent research paper [here.](#)

## WHAT'S POSSIBLE WITH THE UMBRELLA PROJECT

- ✔ Simplify social emotional learning – schools love our clearly structured, easy to execute and digest lessons
- ✔ Provide your students with strengths-based education and skill competence
- ✔ Upgrade your educators' mental health literacy

- ✔ Bring research-backed curriculum to your students and their families that is trusted by thousands of educators in over 280 schools and 18 school boards in Ontario and beyond
- ✔ Equip parents to engage students in proactive skill development at home
- ✔ Intentionally infuse your community with positive coping skills and well being

[Click](#) to watch our video about The Umbrella Project.





# THE UMBRELLA SKILLS SCHEDULE

Month	2022/2023	2023/2024
September	Umbrella Intro	Umbrella Intro
October	Gratitude	Empathy
November	Mindfulness	Growth Mindset
December	Intrinsic Motivation	Kindness
January	Grit	Authenticity
February	Resilience	Self-Efficacy
March	Autonomy	Purpose
April	Self-Compassion	Cognitive Flexibility
May	Integrity	Realistic Optimism
June	Mastery	Healthy Lifestyle

## Chosen with Intention

The 18 Umbrella Skills have been carefully selected based on their research-based ability to improve well-being. Each month we focus on one skill.



# Workshops at a Glance

Here is a snapshot of our student and parent workshops along with pricing details. Book now by clicking on the “Sign Up” button below or for more information, read on.

## AVAILABLE WORKSHOPS

### Student Workshops

*The Umbrella Effect Assembly*

*We're Not Really Strangers - Building Connection*

*Math + Coping Skills Unite*

\*Also available in French

### Parent Workshops

*Umbrella Parenting*

*Parenting to Build Resilient Children  
Self-Care Practices for Parents*

*Managing Anxiety in a Hyperconnected World*

*Reframing Challenges as a Vehicle to  
Developing Coping Skills*

## WHAT'S INCLUDED

All workshops are by default hosted virtually. In-person workshops are available at an additional cost.

Workshops include:

- UP Workshop Facilitator hosting live online with slides and resources.
- A square image with workshop details (for social media)
- A PDF poster with workshop details
- Written promo to include in your newsletter

**Price: Starting at \$750**

Custom content can be created for students or parents, starting at \$2,000. Contact [kate@umbrellaproject.co](mailto:kate@umbrellaproject.co) or your Account Manager for further details.

## ADDITIONAL ADD-ONS

ADD-ON	\$
In-person	+\$250
Hosted by Dr. Jen	+\$500
Up to 4 additional schools	+\$250 each
5+ schools +board wide	+\$1,500
Virtual - UP hosts and sets up tech	+\$500
Replay for 30 days	+\$250
Ongoing access	+2,000

For multiple schools, the total cost will be divided equally and each school will receive an invoice.

**[SIGN-UP NOW!](#)**



**THE UMBRELLA PROJECT**

## EXPLORED IN THIS GUIDE

- ① [Student Workshops](#) .....6-8
- ② [Parent & Caregiver Sessions](#) .....9-10
- ③ [Pricing](#) .....11
- ④ [Events & Digital Conferences](#) .....12

# ① Student Workshops

Challenges are a part of the student journey. More than ever, our children look to their peers and teachers to learn how to understand and overcome the challenges of life.

Workshops available include:

## **THE UMBRELLA EFFECT ASSEMBLY**

An interactive and engaging assembly highlighting the Umbrella Effect and how we can use it to protect ourselves from life's inevitable rain. Students will gain an understanding of the ubiquitous nature of life's rain, the value of positive stress and feel empowered with skills to better navigate all of life's weather.

**Available for Grades K-3, 4-8, 9-12**  
**Presented by: Dr. Jen, Olivia (Student Ambassador)**

## **WE'RE NOT REALLY STRANGERS - BUILDING CONNECTION**

In a post pandemic world, when we feel a bit like strangers again, students will discover so many Umbrella Skills can be used to rebuild connection. Through practical activities that encourage students to consider their peers' perspective, this workshop will go through the main skills that are key to building connections: empathy, kindness and authenticity. The role of these skills in helping us feel secure in ourselves and our relationships will be discussed.

**Available for Grades 7-8, 9-12**  
**Presented by: Dr. Jen, Olivia**  
**(Student Ambassador)**

## **MATH + COPING SKILLS UNITE**

Coping with challenges is an essential part of the student journey to academic success. Learning mathematical concepts and skills can be particularly discouraging for students. More and more, the intersection between SEL and success in mathematics is being highlighted. Through a 1-hour workshop, students will learn how to identify stress and intentionally use coping skills to problem solve and overcome everyday academic challenges. Through interactive exercises that have a math specific focus, students will explore how to build their positive coping skills in the classroom, use coping skills to reduce frustration and anxiety, and improve academic outcomes in math.

**Available for Grades 1-3, 4-6, 7-8**  
**Presented by: Dr. Jen and Rachael**  
**(BSc BEd OCT)**



# FRENCH STUDENT WORKSHOPS

## ATELIERS POUR LES ÉLÈVES

### Atelier 1:

Le premier atelier sera une introduction au projet parapluie, de quoi il s'agit, les recherches qui ont motivé sa création et la définition des termes utilisés. La métaphore du parapluie sera éclaircie grâce à une vidéo. L'atelier fournira l'occasion d'introduire les 18 compétences parapluie et les élèves auront la chance de cibler leurs forces et leurs faiblesses dans leur parapluie personnel. Cet atelier sera un mélange d'enseignement explicite ainsi que certains exercices d'auto-réflexion.

### Atelier 2:

Le deuxième atelier se concentrera sur le bien-être émotionnel grâce à un mode de vie sain. Les éléments importants afin d'avoir un mode de vie sain et leurs implications seront définis.



Les défis font partie du parcours de l'élève. Plus que jamais, nos enfants se tournent vers leurs camarades et leurs enseignants pour apprendre à comprendre et à surmonter les défis de la vie

Une analyse de la maîtrise de ces compétences chez les élèves sera faite grâce à des questions posées aux élèves qui leur permettront de réfléchir à leurs habitudes. Certaines recherches scientifiques seront présentées afin de concrétiser l'importance d'une alimentation saine, du repos et le sommeil, du déplacement du corps et des habitudes quotidiennes, notamment en fonction du stress, la santé physique et la facilité de l'acquisition.

### Atelier 3:

Le troisième atelier se concentre particulièrement sur la maîtrise, l'authenticité et l'intégrité. Les élèves définiront les termes ci-dessus et chercheront à réfléchir à un modèle dans leur vie qui démontre ces compétences. Grâce à cette réflexion, ils essayeront d'établir certaines situations dans lesquelles ils emploient ces compétences ou pas. Ils seront invités à cibler un but SMART et des buts silencieux sur lesquels ils travailleront entre l'atelier numéro 3 et 4. Finalement, ils choisiront une chose qu'ils aimeraient maîtriser et établiront un échéancier afin d'accomplir la maîtrise de cette compétence.



# FRENCH STUDENT WORKSHOPS

## ATELIERS POUR LES ÉLÈVES

### Atelier 4:

Le quatrième et dernier atelier consistera d'une conclusion des compétences parapluie. Les élèves seront invités à faire la mise à jour de leur but « SMAPT » qui a été ciblé lors du troisième atelier. Ils auront également l'occasion, en format de « spectacle de talents », de présenter la chose qu'ils ont maîtrisée. Il y aura une concentration particulière sur l'auto-efficacité et la croyance en soi grâce à des vidéos.

Finalement, la lecture de certains articles fournira des exemples concrets de l'auto-efficacité et de la résilience pendant la pandémie. Une conclusion générale sera faite afin de cloîtrer le projet parapluie, ses implications et son utilité dans la vie quotidienne.

**Disponible Pour les élèves de la: 4 – 8ème année, 9 – 12ème année)**  
**Présenté par : Nathalie**



# ② Parent & Caregiver Sessions

## UMBRELLA PARENTING: INTRODUCTION TO THE UMBRELLA PROJECT + THE UMBRELLA SKILLS

Umbrella Parenting provides parents with a new way of reflecting on their child's well-being and works in complement with The Umbrella Project Curriculum taught in schools. In this workshop you will be introduced to the concept of Umbrella Parenting. You will be given tools to assess your child's coping skills and learn where to focus your attention. Coming out of this workshop, you will have a knowledge of the 18 Umbrella Skills, a strong understanding of how your child is doing, and what you can do to help support their wellbeing without compromising your own.

**Presented by: Dr. Jen, Dr. Laurie**

## PARENTING TO BUILD RESILIENT CHILDREN

In this workshop, Dr. Jen will provide five simple steps to build and sustain strong and resilient children. This will include strategies and activities to further enhance a child's understanding of their coping skills and how to put them to practice. These methods will specifically consider the unpredictable and challenging nature of our current environment.

**Presented by: Dr. Jen, Dr. Laurie**

### Get Parents Involved!

Parents and caregivers are key stakeholders in the emotional wellbeing and development of students.

## SELF-CARE PRACTICES FOR PARENTS

Parent well-being is necessary in order for children to receive the social and emotional support that they need from them. This workshop is focused on self-care practices for parents. Participants will discover what their Umbrella looks like, understand their strengths and explore opportunities for growth. In addition, they will learn how to build a personalized daily well-being practice to nurture their health and mindset.

**Presented by: Dr. Jen, Dr. Laurie**

## MANAGING ANXIETY IN A HYPER-CONNECTED WORLD

It's no secret that technology is having a huge impact on well-being. The rise in childhood anxiety has, in part, been linked to the steadily increasing use of devices for school work, social connection and belonging. In this

session, parents will learn about the pros and cons of technology and how to introduce, manage and utilize technology in ways that protect their children's well-being.

**Presented by: Dr. Jen**

### **REFRAMING CHALLENGES AS A VEHICLE TO DEVELOPING COPING SKILLS**

Challenges are an inevitable part of growing up. As difficult as it can be to watch our children face these obstacles, they play an essential role in the development of the coping skills required to weather life's toughest days. In this presentation, participants will learn how to support their children through challenges and allow these inevitable difficulties to become powerful well-being tools instead of missed opportunities.

**Presented by: Dr. Jen**

### **Additional Parent Night topics:**

- USING THE UMBRELLA SKILLS TO CULTIVATE STRONGER CONNECTIONS
- BUILDING SUPPORTIVE ROUTINES WITH YOUR CHILDREN
- DEVELOPING MINDFULNESS IN YOUR HOME (WITHOUT MEDITATION)
- UMBRELLA SKILL SERIES: EACH WORKSHOP IS FOCUSED ON A DIFFERENT UMBRELLA SKILL





# FRENCH PARENT SESSIONS ATELIERS POUR LES PARENTS/ GARDIENS

## Le parentage “parapluie” : Introduction au Projet Parapluie et les compétences parapluie

Le parentage “parapluie” offre aux parents une nouvelle façon de réfléchir au bien-être de leur enfant et fonctionne en complément du programme du Projet Parapluie enseigné dans les écoles. Dans cet atelier, vous serez initié au concept de parentage “parapluie”. Vous recevrez des outils pour évaluer les capacités d'adaptation de votre enfant et apprendrez où porter votre attention.

À l'issue de cet atelier, vous aurez une connaissance des 18 compétences parapluie, une bonne compréhension de l'état de votre enfant et de ce que vous pouvez faire pour contribuer à son bien-être sans compromettre le vôtre.

**Présenté par: Dr. Jen et Nathalie**

Les parents et les gardiens sont des acteurs clés du bien-être et du développement émotionnels des élèves. Il est important de les faire participer



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# ④ Digital Conferences

## Well-Being Pop UP and Mini POP



The ultimate in flexibility and fun, our 'Pop UPs' are carefully curated, customizable virtual well-being conferences for students.

Featuring relevant speakers and interactive classroom activities, each Pop UP includes content that is anchored by the principles of The Umbrella Project. Built with connection and practical application in mind, our Pop UPs are designed to provide students with effective and engaging well-being support.

Our Pop UP is most appropriate for students in Grade 7-12 and our Mini POP is geared toward students in Grades 3-6.

### CUSTOMIZED TO YOUR NEEDS!

The content from the Pop UP or Mini POP can be used for an all-day event, a week-long challenge, or throughout your school year.

## WHAT'S INCLUDED

With your purchase you receive access to:

- The Pop UP Dashboard
- Downloadable Educator Guide
- A PDF containing:
  - Links to 5+ hours of Pop UP content,
  - Content descriptions including style, duration, and speaker bios
  - Teacher notes
  - Conversation prompts
  - Schedule suggestions and course fit
  - Tips on how to use the content with very little preparation

**Price: \$550/school**  
(includes ongoing access)

## READY TO GET STARTED?

[Purchase the Grade 7-10 conference](#) | [Purchase the Grade 3-6 conference](#)



# Meet Our Founder

Dr. Jen Forristal, BSc, ND is a Naturopathic Doctor with a primary focus in pediatric mental health and the Founder and CEO of The Umbrella Project, a positive coping curriculum, used internationally by thousands of parents, students and educators.

She has worked extensively with schools, researchers, and organizations, developing mental wellness strategies for families facing social, emotional, and mental health challenges and those looking for optimal health and performance.

The significant results of her work were recently published in the Canadian Journal of School Psychology and she is the recipient of the Health Promotion Canada Award in recognition of her contribution to mental health promotion in youth.



Dr. Jen resides in Ontario, Canada with her husband and children - two teens, a toddler, and the sweetest dog, Mango.

## LEARN MORE



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