

# MENTAL HEALTH NEWSLETTER SUMMER'23

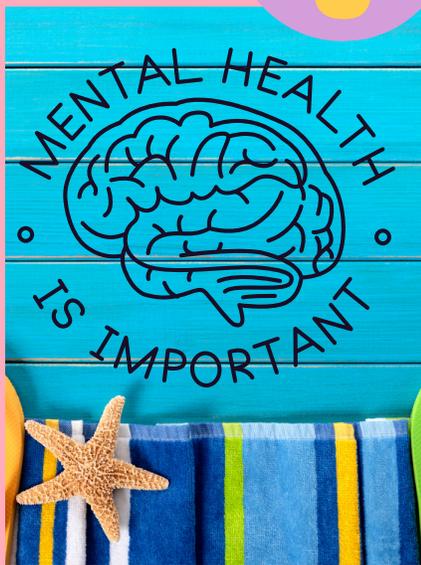
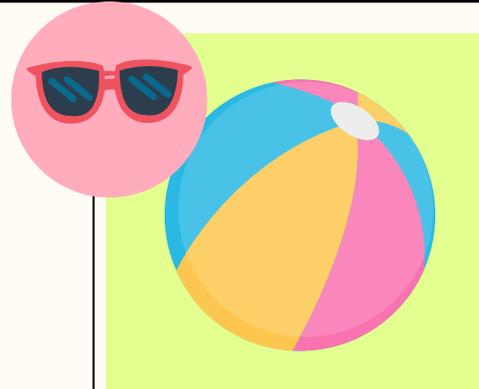
## WHAT TIME IS IT? SUMMER TIME

HELLO PARENTS/GUARDIANS

We have made it to another end of a successful school year! Here at the York Catholic District School Board we wanted to take the opportunity to share summer supports, groups and helpful tips to have a mentally healthy summer.

[Surviving the Summer:  
Transition into Summer and Back to School](#)

[Click Here](#)



## MENTAL HEALTH SUPPORT

**JULY 4- AUGUST 25, 2023**

Struggling with stress, worry or sadness? YCDSB is accepting referrals for virtual 1:1 support. If you (student over age 12) or your child(ren) would like to speak to a mental health professional or would like to be connected to mental health services available through the board, complete and submit [this form](#).

**SUBMITTED FORMS WILL BE  
CHECKED DAILY MONDAY THROUGH  
FRIDAY DURING WORKING HOURS  
ONLY- 8:30 - 4:30 PM.**

# SUMMER '23 GROUPS

## ALL ABOUT ANXIETY

AUGUST 1ST, 8TH AND 15TH 2023

In addition to providing 1:1 mental health supports, we will also be offering a workshop series:  
"All About Anxiety."  
Available for students in grades 4-6, 7-8 and 9-12.

## All About Anxiety

3-part workshop series  
Grades 7-8

Taking Place Virtually  
August 1st, 8th & 15th  
12:00-1:00 pm

Join us to learn  
how to manage  
your back to  
school worries!



Sign up  
now!



## All About Anxiety

3-part workshop series  
Grades 4-6

Taking Place Virtually  
August 1st, 8th, & 15th  
3:00-4:00 pm

Sign up  
now!

Join us to learn  
about how to  
manage your  
back to school



## All About Anxiety

3-part workshop series  
Grades 9-12

Taking Place Virtually  
August 1st, 8th & 15th  
1:30-2:30 pm

Join us to learn  
how to manage  
your back to  
school anxieties



Sign up  
now!

FOLLOW US ON



# Tips for Transitioning to... a new school, middle school or high school



Any type of transition, good or bad, can bring feelings of excitement and nervousness. We want to be able to make our children feel as safe and secure as possible before a change occurs.

Reminders for parents:

- Everyone gets stressed before change, its normal!
- Wanting to avoid the stress that transitions bring is normal, however, the uncomfortable feeling will pass
- Stress can actually be a positive thing as it motivates us, unfortunately we don't get to choose when we experience stress BUT we choose how we react to it.
- [Click here](#) for more on Transitions from School Mental Health Ontario.



## Let's Talk About It!

How one views stress matters, it is important to discuss with your child expectations and worries of the transitions.

How you deal with your own stress is a guide for your child as to how to deal with theirs. When you model constructive ways of managing stress, you are helping your child learn them too. Share what helps you and encourage your child to try different strategies to find what works for them.

**Let your child know that when we don't deal with our stress, it can affect our mental and physical health. If that begins to happen, teach them to seek out a trusted adult and get connected to support.**

Try these stress busters!



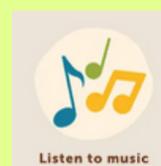
Breathe deeply



Get outside



Get creative



Listen to music



Pet an animal



Talk to somebody

**[CLICK HERE FOR MORE ABOUT NOTICING MENTAL HEALTH CONCERNS](#)**

# Tips for a Mentally Healthy Summer

**Pay attention to screen time.** During the summer, screen time is bound to increase. When screen time increases, however, it begins to negatively affect our mood, or replaces other healthy activities (like spending time outdoors), that's a sign we should cut back.

Here is some more information about how to help your child manage digital technology: [how to help your child manage digital technology](#).

**Prioritize balanced self-care.** Even though our stress levels may be reduced in the summer, taking daily steps to take care of our physical, emotional, social, and spiritual selves is important for our wellbeing. This helps us face stressors when they arise. Here are some self care tips that you can share with your child: [Self-Care 101 for Students](#) and [52 Self-Care Ideas for Kids](#). How many can you try this summer?

**It's okay to not be okay.** Just because summer has arrived, doesn't mean that we are always happy. If your child is feeling anxious or low, encourage them to identify and share these feelings. Students can also use these resources to learn ways to cope with these feelings and returning to school: [School Mental Health Ontario](#). More information and strategies specific to anxiety can be found at [Anxiety in Youth](#).

**Let's Talk  
About it...  
Conversation  
Starters**

What are you excited for in gr.9? Tell me something you're interested in doing, learning, trying out for or getting inspired by?

What are some things or people that could give you some comfort and reassurance in difficult moments?

The new school year can be really busy! How can you start preparing now?

Is there anything you're worried or scared about? How can you face that worry head-on?

**Tip Sheet**

# YORK HILLS SUMMER WEBINAR SERIES



## TOPICS INCLUDE:

- Promoting Resilience in Teens
- Raising Confident and Competent Children
- Power of Positive Parenting
- Parenting Traps and Strategies

*Check them out!*

You can access **FREE** single session  
counselling from a mental health professional:  
Mondays & Tuesdays from 2:00- 7:00 pm here or  
call (905) 503-9561

**OR**

Monday-Friday 12-8 pm and Saturday 12-4 pm  
here or call 1-855-416-8255

(services provided in multiple languages)

# MENTAL HEALTH AND WELLBEING SUPPORT

## Helpful Apps for Everyone



YCDSB & Community Mental Health Resource & Support List can be found [HERE](#).

# FAMILY FUN ACTIVITIES



Hiking York Region



Recreation



Scavenger Hunt



Arts and Culture

**If you, or someone you know, needs help or assistance NOW:**

**Kids Help Phone Call:** 1-800-668-6868 **Text:** CONNECT to 686868

**First Nations and Inuit Hope for Wellness Help Line Call:** 1-855-242-3310

**Black Youth Helpline Call:** 416-285-9944 or toll-free 1-833-294-8650

**LGBT YouthLine Text:** 647-694-4275

**Trans Lifeline Call:** 877-330-6366

