



Thrive in Community

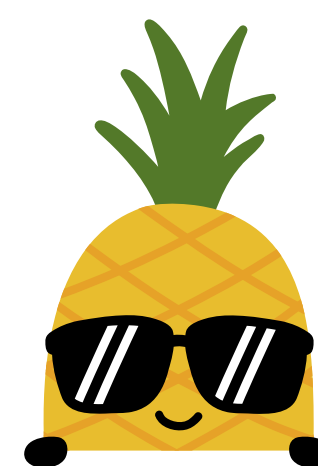
June 2024

Supporting Mental Health and Well-Being



June is a time for Fairness

Fairness is about making sure that everyone has what they need to be successful. It does not mean that all people will always be treated the same. Rather, fairness requires that we treat people according to their needs. When we treat people with fairness, we are responding to individuals in a way that creates and sustains a community that is safe and welcoming for all people. June is also Indigenous People's Month and Pride Month and we invite you to think about the ways in which members of these communities have been, and continue to be, marginalized, and ways that you can address and respond in a caring and compassionate manner that is rooted in solidarity and centers human dignity. In the words of Martin Luther King Jr., "whatever affects one directly, affects all indirectly." How can we respond and ensure that all people are treated fairly, respectfully, and with dignity?



[Summer Fun Community Activities!](#)

Student Voice



Click here to check out more resources from the Champions



[DP.Champions](#)



Prayer

O Sacred Heart of Jesus, full of compassion and love, have mercy on all families. Help us, by the power of the Holy Spirit, to be your joyful disciples who form communities of love. May our family be held in your care and may we work for peace and justice for the whole human family.

Sacred Heart of Jesus, we place all our trust in you.

VIRTUE OF THE MONTH: FAIRNESS

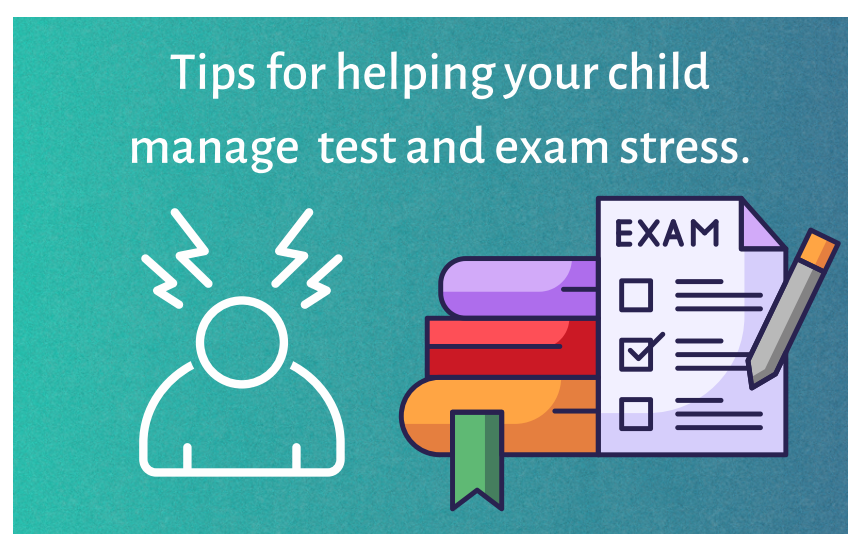
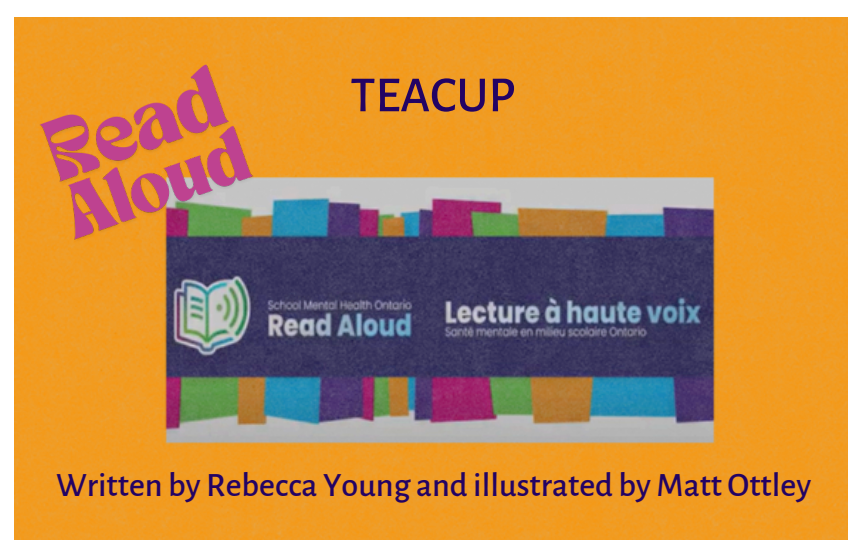


Click on the resources below from School Mental Health Ontario to access the full version

June is a time of many changes as Spring gives way to hot Summer weather and the promise of holidays.

Younger students may be looking forward to wrapping up their school year and what life will be like in a new grade next year. This month we offer you a read aloud called [Teacup](#) that looks at how to navigate transitions as we move through life. This inspiring story tells of the challenges that sometimes accompany change and how to notice the wonder in the journey.

Secondary students may be focussed on CPTs and exams, or even their post-secondary pathways. The [Test and Exam Stress](#) handout for parents and caregivers helps explain the stressors teens are encountering. It also suggests ways that parents and caregivers can support the youth in their lives during this stressful period.



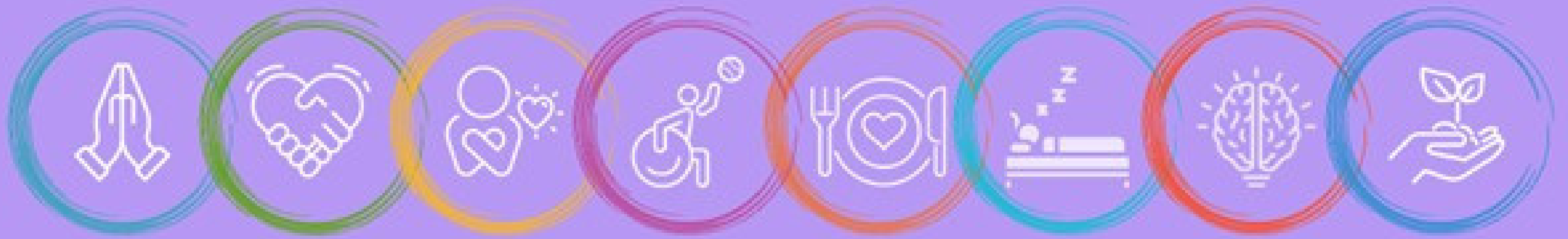
June is dedicated to the Sacred Heart of Jesus. The Solemnity of the Sacred Heart of Jesus emphasizes God's mercy for us all and it is used as a constant reminder of the generous love of Jesus.



Click on each icon to access more resources.



"If we love one another, God lives in us." (1 John 4:12)



Well-Being in DPCDSB Schools

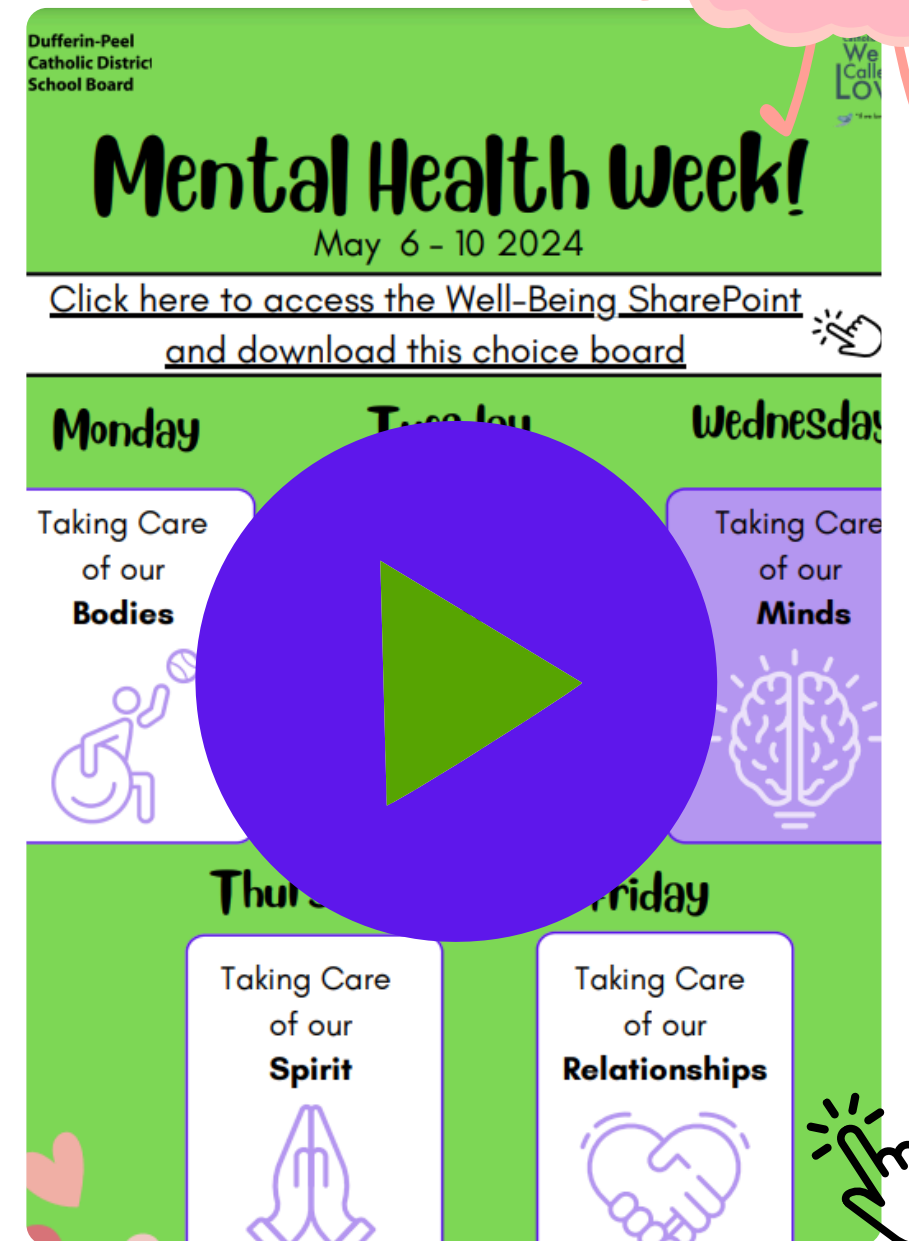
Click on the images to see how our schools promote wellness!



Garden of Positivity at
Blessed Michael J. McGivney CES



Family Night at St. Raphael CES



DPCDSB Mental Health Week Reel!



Student Information & Resources

A two-month break from school can seem like a time of unlimited freedom for some students. However, we also know that stressors don't stop just because it is summer, and that some students need access to ongoing emotional or mental health support. This month we are sharing three resources that students can access at any time. The Canadian Mental Health Association has a [Quick Guide](#) of local services in the Peel and Dufferin regions. [Kids Help Phone](#) has a number of ways that students can connect for support, and also explore ways to learn about mental health and different coping strategies. [One Stop Talk](#) is a province-wide support that connects young people to a clinician who can help them come up with a plan to address the student's concern. The clinician can also help make a referral to local services for ongoing support.



Looking for Support:

- Kids Help Phone: 1-800-668-6868 or text "CONNECT" to 686868 (o-18 years of age). Black youth can text "RISE" to 686868. Indigenous Youth can text FIRST NATIONS, INUIT or METIS to 686868 to connect with an Indigenous volunteer crisis responder.
- 24.7 Crisis Support Peel: 905-278-9036 1-888-811-2222. (for all ages)
- Dufferin Child and Family Services - Crisis Services: 519-941-1530
- Hope for Wellness Help Line: 1-855-242-3310 (support for all Indigenous peoples across Canada)
- National Indian Residential School Crisis Line: 1-866-925-4419
- Black Youth Help Line: 1-833-294-8650 or 416-285-9944 (website: www.blackyouth.ca)
- LGBTQ2+ Youth Line: 1-800-268-9688 (website: www.youthline.ca)
- Naseeha Mental Health Hotline for Muslim Individuals: 1-866-NASEEHA (627-3342) (website: www.naseeha.org)
- 911 or go to your local Emergency Room
- One Stop Talk for youth under 18: (M-F 12:00 pm - 8:00 pm and Saturday 12:00 pm - 4:00 pm) 1-855-416-8255 or onestoptalk.ca and click "start the conversation."

"If we love one another, God lives in us." (1 John 4:12)