

Thrive in Community

May 2024

Supporting Mental Health and Well-Being



May is a time for Acceptance

Acceptance is about embracing life and the people around us as they are and not wishing for something different. Acceptance honours the gifts and talents inherent in each one of us. This May we are “called to love” as we start the month with Catholic Education Week. Reflecting on the theme for this year, “if we love one another, God lives in us” (1 John 4:12), reminds us to be open and accepting toward all our friends, neighbours, and even those who we do not know well. This message is echoed in the theme of [#CompassionConnects](#) for Mental Health Week, which is also the first week of May. Both weeks encourage us to seek out others and spread kindness and joy through inclusion and respect. Both weeks will be celebrated throughout Dufferin-Peel in various ways. We look forward to spotlighting these initiatives in the next edition of this newsletter. This month we share the many ways that St. Michael’s Catholic Secondary School is promoting wellness every day.



[A Walk With God](#)

Student Voice



Click here to check out more resources from the Champions



[DP.Champions](#)

Prayer

Tender Jesus, so meek, so mild, teach us to be like you in all our ways. Teach us kindness, gentleness, generosity, and to be giving, forgiving, loving, and caring. Teach us to follow in your humble footsteps. Guide us to the place you want us to be, take control. Mold and shape us into the brilliant beings we were always destined to become.



VIRTUE OF THE MONTH:
ACCEPTANCE



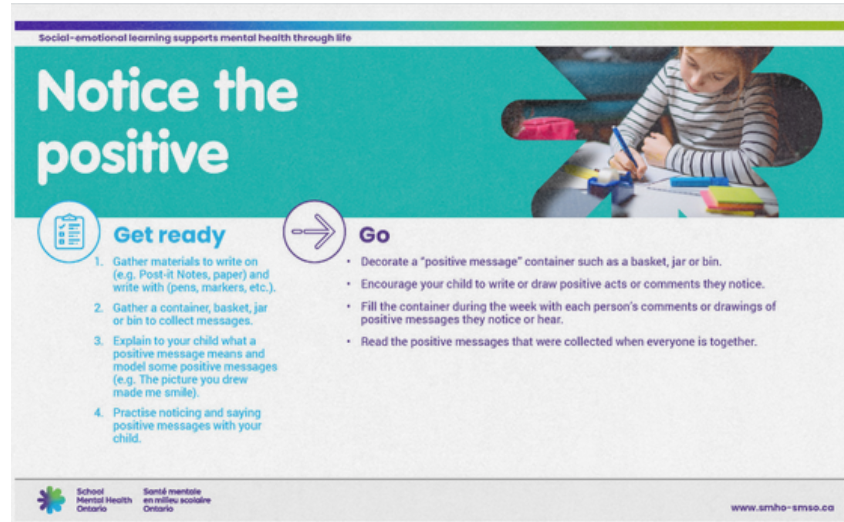
School Mental Health Ontario

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

This month we share with you two different activities to try at home. These activities, and many more resources for caregivers can be found online on the [School Mental Health Ontario website](#).

The first is a read-aloud called [My Heart](#). This book shows different ways that our hearts lead us through different emotions and different situations. We take care of our hearts when we take care of our feelings. This book encourages us to spread those feelings of love with all those around us.

The second activity is called [Notice the Positive](#) and is one of many activities to try at home that boost wellness. This activity helps children, youth, and caregivers pay attention to the moments of joy and positivity and acknowledge how this makes us feel. It is a great way to encourage spreading kindness.



The World Health Organization says, “there is no health without mental health.” Can you think of different ways to stay active to boost your mental wellness and stay healthy?

Celebrate [National Accessibility and Inclusion Day](#) with us by wearing red on Wednesday, May 29th!



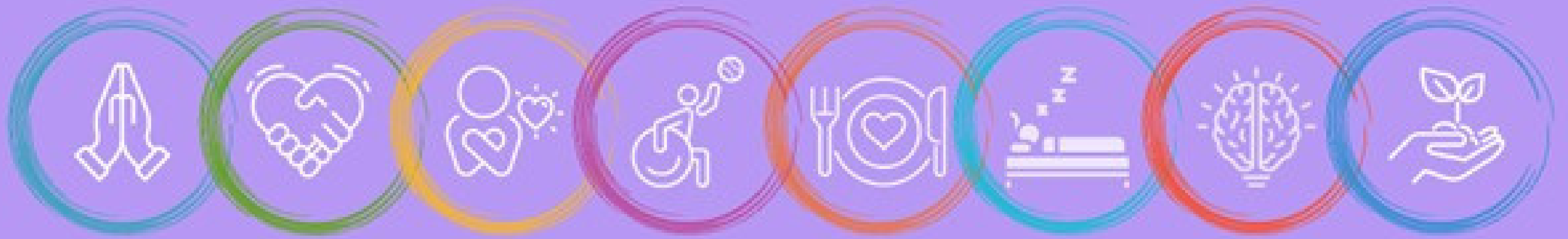
Click on each icon to access more resources.



School Mental Health Ontario



“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 and acceptance!



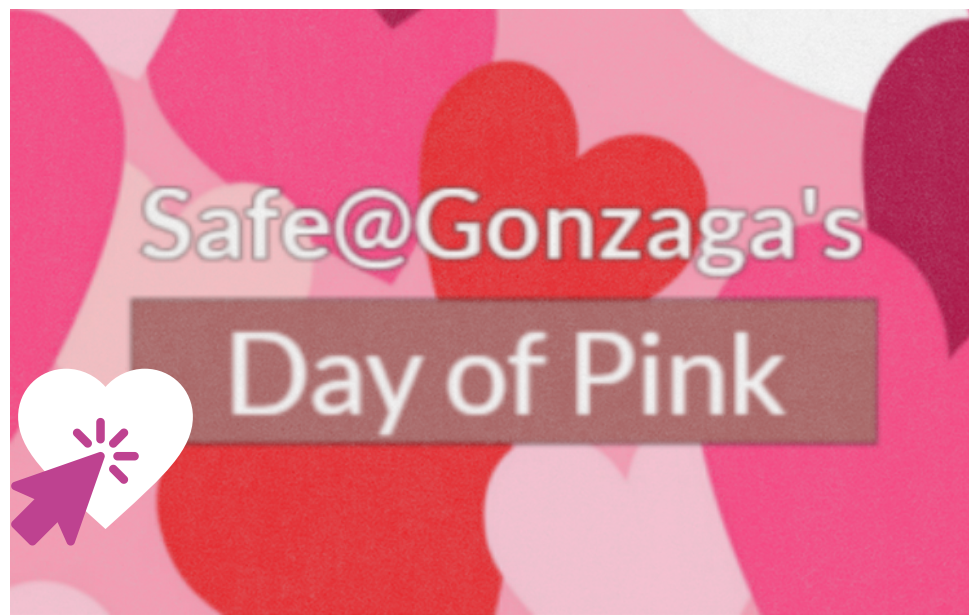
Calming Corners at St. Giovanni Scalabrini CES



Learning Outdoors at Father Clair Tipping CES



"Give it a Try" Week at St. Timothy CES



Day of Pink St. Aloysius Gonzaga CSS

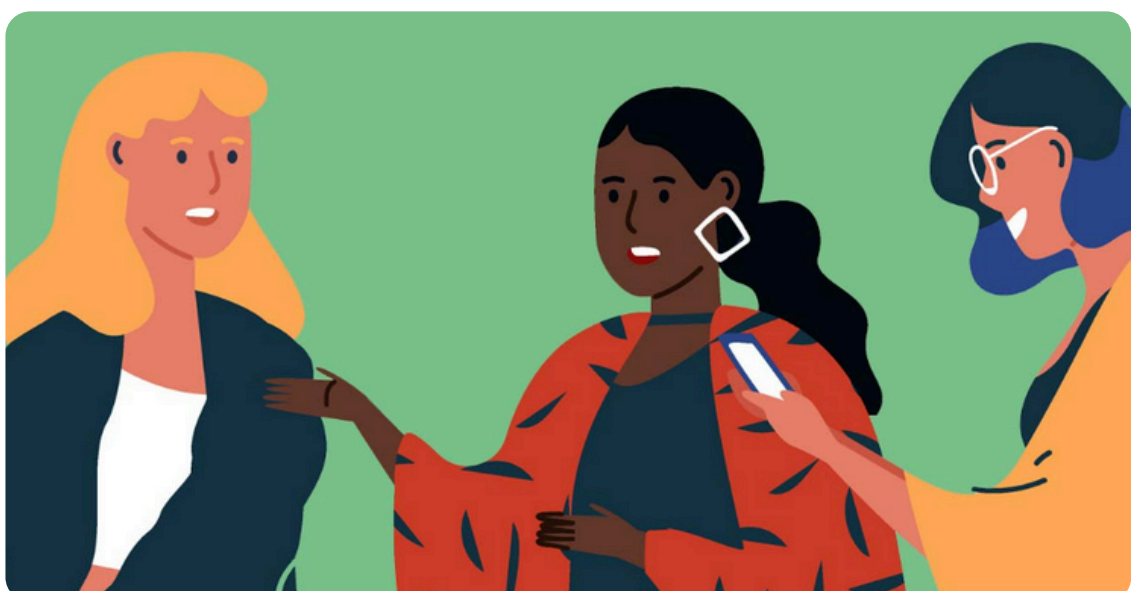


Comfy Clothes Day for Mental Health Week at St. Joachim CES



Student Information & Resources

This month we focus on the theme of acceptance. We are encouraged to be inclusive and welcoming to all. However, sometimes young people do not feel like they belong. Click on the two stories below to read about youth who share their personal experiences. They highlight how acceptance is something we do for ourselves and for those around us. The [first story](#) speaks to how this youth learned to stay true to their values. The [second story](#) describes the positive impact that good friendships have on our mental well-being. These stories stress the importance of self-acceptance and inclusion for those around us. Sometimes it can be hard to make friends and connect with new people. Read the [article](#) on the left to learn from Kids Help Phone how to build friendships. You can find these stories and more resources online at www.kidshelpphone.ca.



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)
- LGBTQ+ 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)