



# Thrive in Community

## April 2024

Supporting Mental Health and Well-Being



## April is a time for Love

After a season of Lent spent in reflection and prayer, we share blessings for all in this Easter season. The resurrection brings hope, strength, and love for all. It also brings new beginnings and the promise of life bursting into bloom. We start to feel a warmth creeping into the days as they get longer and brighter. The lightness and brightness are reminders to approach each new day with love. In the words of St. Teresa of Avila, "it is love alone that gives worth to all things." This Easter season and beyond, let love be the driving force behind your thoughts and actions. Think of ways to demonstrate love towards your peers, your school community, your family, and all those you share space with.



Celebrate the Spectrum  
Resources

Student Voice



Click here to check out  
more resources from the  
Champions



[DP.Champions](#)

## Prayer

God of love and light,  
Love is the greatest of gifts.  
We witness great love in the world.  
We pray today that we may be creators of love.  
Help us, Lord, to be a beacon of light and love in the  
life of others.  
Amen

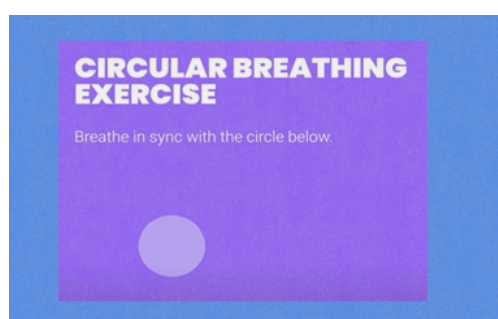
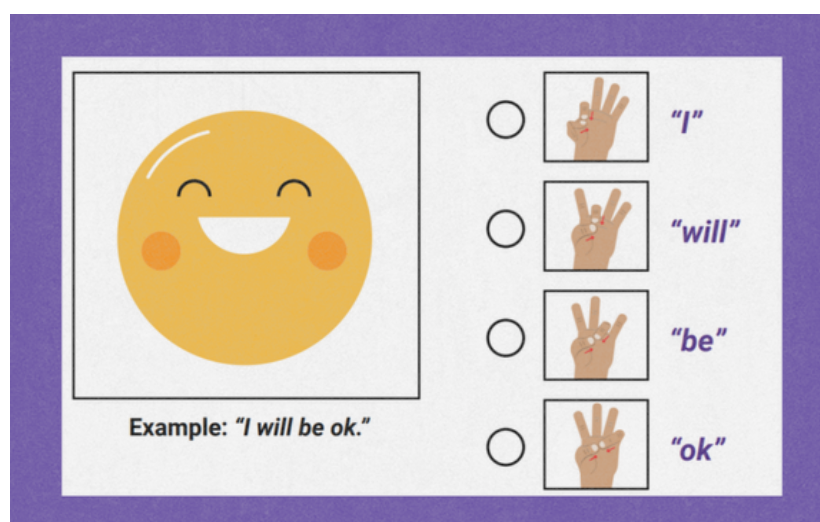
VIRTUE OF THE MONTH:  
LOVE



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

Engaging in mindfulness allows young people to practice accepting themselves, their peers, and their environment. This has positive effects on focus and attention, emotion regulation, and social interactions. Adults may also find that mindfulness impacts their outlook and sense of optimism. School Mental Health Ontario has a series of [Social-Emotional Learning Posters](#) with different suggestions for daily mindful practices that can be helpful. We have shared an accessible version that is suitable for people of all ages and backgrounds. You can also find more versions on the [School Mental Health Ontario](#) site. The [Circular Breathing Exercise](#) is another way to take a needed pause in a busy day and reset when we find ourselves pulled in different directions.

We are also sharing the [We're All Wonders Read Aloud](#) to celebrate those we love, and each person's unique gifts and talents.



The warmer and brighter days of April bring the first signs that spring is upon us. It also gives us more opportunities to spend time outdoors. Being in nature positively impacts our mental health by boosting mood and productivity. This April, ground yourself in nature as we celebrate Earth Day on April 22nd.



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 wellness teams promote love!



"Pause" with the Wellness Team from St. Dominic CES



Loving our Hair Event with BSAs at Iona Catholic and St. Martin CSS



**Healthy Schools**

"Healthy Squad" Newsletter for Families at Georges Vanier CES



Intermediate Lunch and Lounge at Sts. Martha and Mary CES



Announcements, Strategies and Welcome Boards from MHW Leaders at St. Philip CES



## Student Information & Resources

The students featured in this month's student voice video shared that stress is a part of daily life, but too much stress can be unhealthy. If you are looking for a way to creatively express yourself as a way to manage stress, Kids Help Phone encourages you to join the [Feel Out Loud Community Creator Space](#) and connect with other like-minded youth. If you are worried that a friend may need support with their mental health, School Mental Health Ontario has some suggestions in their info sheet, [How to Help a Friend](#), so you can help them get connected to support. Kids Help Phone also has a [Peer to Peer Community](#) where you can connect with youth from across the country. Click on the [video](#) below to see how anyone can access support from Kids Help Phone.



### 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](http://www.blackyouth.ca))
- LGBTQ+ Youth Line: 1-800-268-9688 (website: [www.youthline.ca](http://www.youthline.ca))
- Naseeha Mental Health Hotline for Muslim Individuals: 1-866-NASEEHA (627-3342) (website: [www.naseeha.org](http://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](http://onestoptalk.ca) and click "start the conversation."

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