



Thrive in Community

March 2024

Supporting Mental Health and Well-Being



March is a time for kindness

During the season of Lent, we often spend time thinking about how we can show kindness to each other similar to how Jesus sacrificed his life for us. Throughout Lent we are invited to deepen our relationship with God and each other through prayer, reflection, and acts of service. What are ways that you can think of to strengthen this connection? Perhaps you can reach out to a friend or neighbour that may need some company. Maybe you can help prepare and share a meal with someone you haven't seen in a while. Consider using your gifts and talents to brighten someone's day. As Pope John Paul II said in his message to youth, "be apostles of his peace. Build peace in all the situations where you live your daily life." This March, you can promote peace with your kind thoughts, words, and actions. Watch the video below to learn more about kindness in action at Cardinal Ambrozic Secondary School.



Well-Being Activities to try at home! SMHO

Student Voice



Click here to check out more resources from the Champions



[DP.Champions](https://www.instagram.com/DP.Champions)

Prayer

Lord Jesus, teach me to be generous.
Teach me to serve as you deserve,
To give and not to count the cost,
To fight and not to heed the wounds,
To labour and not to seek to rest,
To give of myself and not ask for a reward,
Except the reward of knowing that I am doing your will.

VIRTUE OF THE MONTH:
KINDNESS



School Mental Health Ontario

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

Our mental health and well-being are linked to a variety of factors. When we feel good about ourselves, we tend to share these positive feelings with others. Sharing kindness and compassion with others also helps us reinforce our own feelings of well-being. This month you can try the [Impromptu Thank You](#) activity to practice expressing gratitude to help others (and ourselves) feel happier.



Physical activity is another important way to practice good mental health. The [Walk with God](#) activity is a way to connect body and mind, while also noticing the world around us. When we are fully present in the moment, we can appreciate the wonder and majesty of the world God has created for us. This March Break (March 11-15) try engaging in physical activity to boost your well-being.

Kindness is more than the actions we show others. It is also about how we are gentle with ourselves and take care of our minds and bodies. One way to do this is by trying to eat mindfully and focussing on what we are consuming.



Click on each icon to access more resources.



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

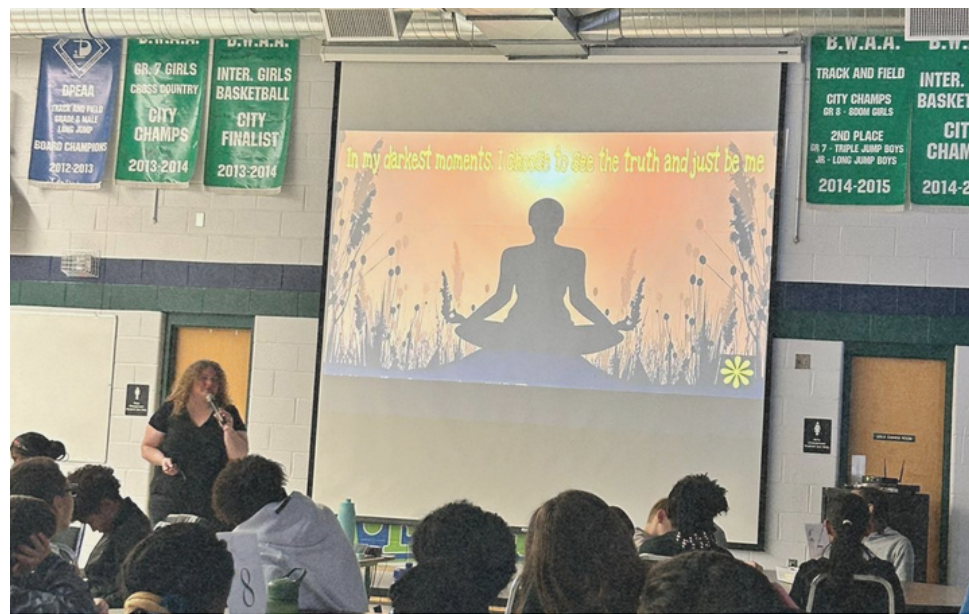


Well-Being in DPCDSB Schools

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



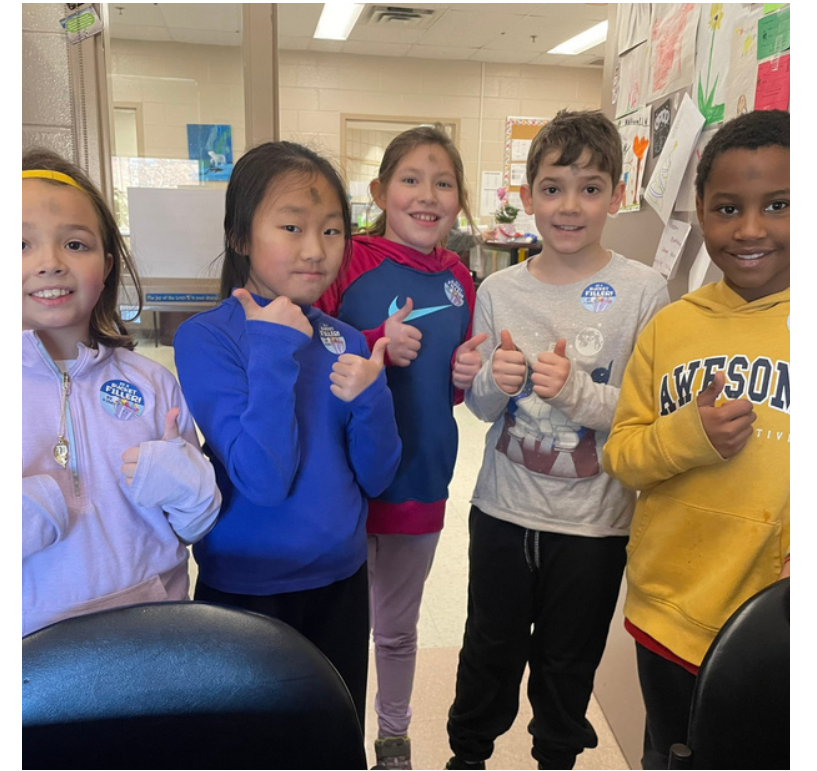
Press "Pause" Mondays at St. Timothy



Kindness Calendar and Wellness Retreat at St Mary



Kindness Every Day at St. Angela Merici



Kindness Bucket Fillers at St. Therese of the Child Jesus



Lunch Time Peer Tutoring at Cardinal Leger



Student Information & Resources



The student leaders from Cardinal Ambrozic featured in this month's Student Voice video had some suggestions for how young people can find ways to clear their minds and connect with others. Students can find additional ways to do this through some of the programs offered by [Kids Help Phone](#). The [Rise Up](#) program connects African, Caribbean, and Black Youth to mental health supports. The [Feel Out Loud Community Space](#) gives youth an opportunity to hear from other youth across the country, and also upload their own creative content. Youth in Brampton are invited to [World Teen Mental Wellness Day](#) on March 2nd to learn more about wellness and healthy living.



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)
- LGBT2Q+ 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."

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