



## Student Mental Health and Addictions Newsletter

June 2023

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*YRDSB Mental Health services are provided by YRDSB psychology and social work personnel*

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### Stepping into Summer

Dear Families,

In this edition we will focus on reflecting on the past year and all that we've achieved and experienced. We will also be looking at what's to come this summer, including resources and activities that families can take part in. We invite you to reflect on the memories you've made, your successes, and the goals you have achieved. We encourage you to acknowledge that despite challenges and adversities you may have experienced, you have persevered. As one chapter comes to an end, a new one awaits its beginning.

Celebrating achievement and growth at the end of the year is important and a great way to recognize students' hard work and dedication. Acknowledging this can also encourage students to continue to work hard and engage in meaningful activities. There are many ways families can celebrate and acknowledge the end of the school year. We encourage you to be creative and celebrate your children's achievement based on what feels right for your family. Equally, we encourage you to express that you are proud of your child, who they are as a person, and acknowledge that they strive for their best! This is a great way to boost your child's confidence and motivate them to continue working hard.

We encourage you to welcome the spectrum of feelings that can arise for students when the end of the school year is here. Some years are more challenging than others, and celebrating a year's end can bring a multitude of feelings. Celebrating all the successes- big and small can help in this transition.

We want to remind you of the resources on [School Mental Health Ontario](#) such as: [easy and fun mental health activities](#) , [everyday mental health practices](#) to



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practice at home this summer. Here is an article offering Strategies for a [Successful Summer Break](#). We encourage you to stay connected to others through many [community events](#) that we have listed below, and take care through offerings provided by many Mental Health organizations throughout York Region. We hope the summer is also a time to [take care of yourself!](#)

### **Supportive Resources:**

[YorkHills Here to Help Line](#) (905-503-9561)

The Here to Help Line is a free service available to children/youth (0-18 years) and their parents/caregiver/adult supporters. Monday to Thursday from 2:00pm-7:00p.m

[Family Services York Region](#) (905-895-2371)

Virtual walk in is operated on a first come, first serve basis, and can be accessed once per month. Virtual appointments can be 15 minutes to 1.5 hours long depending on your specific needs. Monday, Tuesday, Thursdays from 10:00 a.m. to 5:00 p.m.

[YRDSB Mental Health Resource Page](#)

Continue to check out the [YRDSB website](#) for updated information as well as the Twitter account [@YRDSB](#)

Follow YRDSB Mental Health on Twitter [@MH\\_YRDSB](#)

### **Free Community events:**

#### **Parents**

York Hills Centre for Children, Youth and Families

- June 1, 6:30 pm - 8:30 pm [Teen Triple P Seminar #2 - Raising Competent Teenagers](#)
- June 5, 6:30 pm - 8:30 pm, [Understanding and Managing Challenging Behaviours](#)
- June 12, 6:30 pm - 8:30 pm, [Mindful Compassion](#)
- June 14, 6:30 pm - 8:00 pm, [Parenting a Child with Attention Deficit Disorder](#)
- June 15, 6:30 pm - 8:30 pm, [Teen Triple P Seminar #3 - Getting Teenagers Connected](#)
- June 21, 6:30 pm - 8:30, pm [Our Family Our Rules](#)
- June 22, 6:30 pm - 8:30, pm [Promoting Resiliency in Teens](#)
- To keep updated with summer offerings check out [York Hills Events](#)



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### **Students**

York Support Services Network

- [Ramp Up Group- Mindfulness](#)
  - Ages 16+
  - June 1, 1:30 pm - 2:30 pm
- [Ramp up Group- Coping Strategies](#)
  - Ages 16+
  - June 7, 1:30 pm - 2:30 pm
- [Ramp Up Group- Gratitude and Positive Thinking](#)
  - Ages 16+
  - June 12, 1:30 pm- 2:30 pm
- [Self Compassion Workshop Series](#)
  - Ages 16+
  - June 8, 15, 22 1:30- 3:00 pm
- [Transition Planning Resource Days \(January – June 2023\)](#)
  - June 2, 7, 16 9-5:00 p.m.
  - Need help understanding the developmental services system and transition planning? Does your child have an IEP? Book a free, 1 hour session, with a transitional planner to discuss and ask important questions.
  - Discuss the differences between elementary and high school, share tips and strategies to help you and your child prepare for life in high school, fill out forms and applications (e.g. ODSP, SSAH, Mobility Transit, etc.), find resources, build on skills, share options for after high school and adult life.
  - Registration can be done through emailing [cmacdonald@yssn.ca](mailto:cmacdonald@yssn.ca) or calling: 905-953-8354 or 1-833-953-8354 ext. 2245.
- To keep up with summer offerings check out: [YSSN Events](#)

### **Families**

York Support Services Network

- Single Session Counseling
  - [Tuesdays in June- 9:30- 10:30 am](#)
  - [Tuesdays in June, 11:00- 12:00 pm](#)
  - [Thursdays in June- 11:00 am- 12:00 p.m](#)
  - [Thursdays in June 12:30- 1:30pm](#)
  - For Sessions in July: [YSSN July Calendar](#)



## YRDSB Mental Health

- For Sessions in August: [YSSN August Calendar](#)

Whitchurch- Stouffville Public Library

- [June Events](#)

Richmond Hill Public Library

- [Mohawk Storytime with Otsistohkwí:yo](#)
  - Saturday June 10, 10:30- 11:15
- [Drag Queen Storytime](#)
  - Saturday June 24, 10:30- 11:15
- [Multiculturalism Fair](#)
  - Tuesday June 27 5:00- 8:00 p.m

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- [Coffee Night](#), held every second Monday of the month, is a safe space where members of the LGBTQ2 community, their friends, family or allies can come together.
- [Online Registration](#)

This edition of the Newsletter was written by the Student Mental Health and Addictions Strategy Implementation Team 2022-2023, inclusive of YRDSB School Social Workers Afsaneh Zafarani, Kate Phillips, Peter Reid, and Nicole Gough.

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