



Week of January 18, 2021

Upcoming Dates

Ongoing	Kindergarten Registration is now open (online)
Jan 15-Feb 5	French Immersion Registration (online)
Jan 28	Parent/Guardian Presentation 7:00 p.m.
Feb 10	School reopens for in person learning



You Can't Give What You Don't Have

How Taking Care of Parental Mental Health Can Support our Children

Let's come together for an evening of information and conversation about:

- Managing anxiety related to COVID and hate incidents both locally and abroad
- Foundational practices to support ourselves as parents, and in turn, support our children

The presentation covers 4 basic elements:

Balance Stillness Relationships Sleep

The virtual presentation will be 60-90 minutes, including the Q & A wrap-up.

Date: Thursday, January 28, 2021

Time: 7:00 pm

Platform: Zoom

**Facilitated by: Patricia Marra-Stapleton
(YRDSB's Mental Health Lead)**

Please RSVP by completing this [Google Form](#) by January 25, 2021 if you would like to participate in the presentation. A presentation link will be sent to participants prior to presentation. Please contact your school administrator if you have any questions.



Patricia Marra-Stapleton



... passionate about creating mentally healthy schools

- Undergraduate degree in Psychology at McGill University; graduate honours degree in Clinical Child / School Psychology from California State University
- **Certified Psychological Associate**
- Mental Health Leader for YRDSB & TCDSB
- Responsible for the development and implementation of the board's **Student Mental Health Strategy and Procedures**
- Worked in school mental health and psychology for many years (K-12), and in special programs such a Behavioural Resource and a Program for expelled students
- Experience in many settings including juvenile justice, child welfare, children's mental health, and homeless youth
- **Member of the College of Psychologists of Ontario Board of Examiners**



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FEMALE EMPOWERED MINDS (F.E.M.)



Free Program
Program held on Zoom
Youth 9-14 years of age

The F.E.M. program is a blend of personal development, self-love and health. The program gives the opportunity for youth to explore different weekly topics on empowerment, confidence building, self-esteem, health and making informed life choices.

Date: Tuesdays,
January 19th, 2021-
March 9th, 2021
Time: 4:00pm-5:00pm

To register contact:
klo@vaughanchc.com
or call 905 303-8490 ext 2653



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The Reel:

A virtual program for parents

- Strengthen your existing parenting skills
- Network, socialize and share life experiences with other parents
- Learn about self-care tips to better handle tough situations.



Date: Wednesdays, January 20th-
March 10th, 2021

Time: 10:00am-11:00am

Program held on Zoom.

For more information or to RSVP
contact Stacey:
(905) 303-8490 ext. 2651
ssalmon@vaughanchc.com

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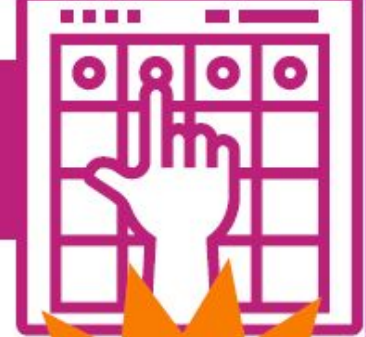
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VCHC Presents: Virtual Bingo Nights

Need a night of stress-free fun that you can enjoy with family and friends? Come and join us for Bingo nights! The program is designed to enhance social cohesiveness, reduce stress and social isolation.



**Prizes
provided to
winners!**

**Dates: Bi-weekly, Tuesdays starting
January 12th, 2021-March 23rd, 2021**

Dates:

Tuesday, January 12, 2021

Tuesday, January 26, 2021

Tuesday, February 9, 2021

Tuesday, February 23, 2021

Tuesday, March, 9, 2021

March Break Special: Tuesday, March 16, 2021

Tuesday, March 23, 2021



Time: 6:30pm-7:30pm

To RSVP contact:

Email: niuzzolino@vaughnchc.com

Tel: 905-476-5621 Ext.2604

Program held on Zoom.



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