



Taking care of your Mental Health over the summer: Opportunities for YCDSB Students and their parents/guardians

As part of our Mental Health and Addictions Strategy, we are committed to supporting our students. Together with our community partners, the York Catholic District School Board (YCDSB) provides access to services that address the mental health needs of our students. We are excited to share with you the opportunities for YCDSB students and their parents/guardians.

From July 5 - August 27, 2021, if you (student over age 12) or your child(ren) would like to speak to a mental health professional or would like to be connected to mental health services available through the board, complete and submit this [form](#). Submitted forms will be checked daily Monday through Friday during working hours only (8:30 - 4:30 pm). This form is NOT to be used for crisis and/or emergency situations. In these situations, please go to your closest hospital, call 911 or 310-COPE.

After we receive your email, someone will follow up with you to find out more about your child's needs. This intake screen will help us determine the most appropriate pathway to service. Individual, short-term psychotherapy can be provided by YCDSB Mental Health Workers or by our community partners such as COMPASS, Addiction Services of York Region and Mental Health and Addiction Nurses (MHAN).

Please visit our [Student Mental Health Website](#), the [YCDSB Mental Health Twitter](#) page and the [YCDSB Instagram](#) page for more resources and other helpful information. We will be offering some group learning opportunities to all students entering grades 9-12. Click on the links for more information and to register.

[Black Student Mental Health](#) (July 2021)

Black Mental Health; Let's Talk About it!

Hey! Are you interested in hanging out with other Black students sharing your own experiences? Black mental health professionals are here to guide the conversation!
July 5-21 on Mondays & Wednesdays; via Google Meet; Time: TBD

Sign Up Here: Grade 7-9 in September | Grade 10-12 in September

CREDITS: this presentation template was created by Slidesgo, including icons by Flaticon, infographics & images by Freepik Run by The YCDSB Mental Health and Psychological Services Team

Topics Covered:

- ★ Cultural Identity
- ★ Unique MH experiences
 - ★ Stigma
 - ★ Coping Skills
- ★ Mental health literacy
- ★ Where to seek help




[Asian Student Mental Health](#) (July 2021)

Mental Health Among Asian Community; Let's Talk About It!

Come join our group led by our partners from WCCYC Counseling Centre to hang out with other Asian students and learn about your mental health

Groups will run weekly on Tuesdays from July 6- August 10

Sign up here: (based on gr in Sept 2021):
Grades 4-8 (11:00- 12:00pm) Grades 9-12 (1:00-2:00pm)



[Worriers to Warriors-](#) Elementary (Aug 2021) [Worriers to Warriors-](#) High School (Aug 2021)

Worriers to Warriors

Attention 2021-22 Grade 7 and 8 Students

In this educational group, you'll learn the ins and outs of anxiety, what it is, how it affects people, and skills and strategies for coping with it.

This group meets online for six, one-hour, bi-weekly sessions with registered mental health professionals, starting Aug. 26, 2021, Tuesday and Thursday at 11am for 2 weeks.

Interested?

Complete a Google form here: <https://forms.gle/aaqy6k6h31206>

This form can only be completed from a YCDSB K-12 email account, by students or parents. Once complete, a member of our Mental Health Team will be in touch with you to review consent and further details during the first week of August.

Please complete the form by July 30, 2021

If you have any questions or issues filling out this form, please email mentalhealth@ycdsb.ca

Attention 2021-22 High School Students

In this educational group, you'll learn the ins and outs of anxiety, what it is, how it affects people, and skills and strategies for coping with it.

This group meets online for six, one-hour, bi-weekly sessions with registered mental health professionals, starting Aug. 26, 2021, Tuesday and Thursday at 11:00am for 2 weeks.

Interested?

Complete a Google form here: <https://forms.gle/289xTh001se649726>

This form can only be completed from a YCDSB K-12 email account, by students or parents. Once complete, a member of our Mental Health Team will be in touch with you to review consent and further details during the first week of August.

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Page 1 / 1

Webinar for all parents: Click on the links below to register.

SUPPORTING YOUTH WELLNESS

STRATEGIES FOR PARENTS AS WE HEAD INTO A NEW SCHOOL YEAR OF THE PANDEMIC

7PM-8:30 PM
 AUGUST 25, 2021 (GRADES 1-6)
 AUGUST 26, 2021 (GRADES 7-12)

Brought to you by the Mental Health and Behaviour Resource Teams at YCDSB

Find out more and register [here](#)

[Primary/Junior:](#) Wednesday, August 25th at 7pm

[Intermediate/High School:](#) Thursday, August 26th at 7pm

Webinar for Parents of Asian Students:

Parents of YCDSB students
who identify as Asian.....

Want to learn how to improve communication with your child/teenager? Want to learn more about the mental health group we are offering this summer?

Join us, **Tuesday June 29 at 7:30 pm**, together with mental health professionals from the Wellness Counseling Centre for Youth Canada, for this parent workshop.

Register and submit questions for our presenters using this form:

<https://forms.gle/RQLwyVEP1Fp1ays8>

[Parent Webinar](#)

Webinar for Secondary Students:

[Returning to School Student Webinar](#)


Attention Secondary Students

Join us for this virtual webinar on:

Sept 2, 2021 at 1pm

Sign up using this google form:

Sign Up
<https://forms.gle/JieEW4km53K9FSy86>



RETURNING TO SCHOOL

HOW TO MANAGE ANXIOUS FEELINGS AFTER A YEAR OF VIRTUAL LEARNING

Presented by:
The YCDSB Mental Health Team