

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

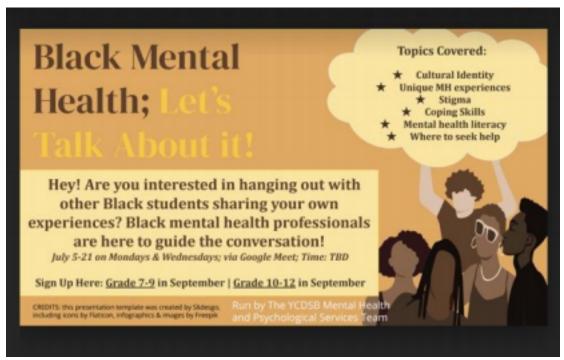
As part of our Mental Health and Addictions Strategy, we are committed to supporting our students. Together with our community partners, the York Catholic District School Board (YCDSB) provides access to services that address the mental health needs of our students. We are excited to share with you the 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 <u>form.</u> 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 <u>Student Mental Health Website</u>, the <u>YCDSB Mental Health Twitter page</u> and the <u>YCDSB Instagram page</u> 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)



Asian Student Mental Health (July 2021)

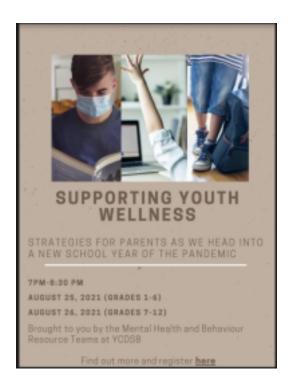


Worriers to Warriors- Elementary (Aug 2021) Worriers to Warriors- High School (Aug 2021)





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



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.....

Parent Webinar

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/ROLwyVEP1FpJ1ays8

Webinar for Secondary Students:

## Returning to School Student Webinar

## Join us for this virtual webinar on: Sept 2, 2021 at 1pm Sign up using this google form: Sign Up https://forms.gle /JieEW4km53K 9FSy86

**Attention Secondary Students** 

