

[Supporting a Positive Return to School](#)

We know that the start of a new school year can be a challenging time for parents, caregivers, and students. We continue to deal with the impact of the global health pandemic while returning to school, which we know brings new routines, uncertainties, and heightened emotions.

In response to the challenges students and their families may face, HWDSB will be offering various webinars, workshops and treatment groups to students and their caregivers.

[Reimagining Wellness 2.0](#)



As we return to school, we recognize the importance of creating safe, inclusive, and welcoming spaces where student identity and experience are centered. In response to this need, elementary classrooms across HWDSB are focusing on building positive relationships through Reimagining Wellness 2.0 lessons.

[Click here for some tips that can help your child/teen have a positive start to the school year.](#)

[Click here to learn more about Reimagining Wellness 2.0.](#)

[Groups & Workshops for Students](#)

Visit our website to find detailed descriptions for each of the student workshops and groups listed: hwdsb.info/WeHelpStudents

Transcend Youth Group

Transcend is a social and support group for transgender, non-binary, gender non-conforming and gender questioning children and youth from HWDSB schools. Please contact dbyers@hwdsb.on.ca for more information.

AFFIRM

AFFIRM is an eight-session Cognitive-Based Therapy informed treatment group specifically for Two Spirit and LGBTQIA+ youth to develop coping skills for anxiety and stress. Register online at projectyouthaffirm.org/ or contact dbyers@hwdsb.on.ca.

TRAILS Anxiety and Depression

TRAILS (Transforming Research into Action to Improve the Lives of Students) helps children and youth who struggle with symptoms of stress, anxiety, and/or depression.

Teen Activation Group (TAG)

TAG is a treatment group for youth struggling with depression and anxiety who are not ready to access other treatment options.

For more information about TRAILS and TAG, contact the Principal/Vice-Principal or Social Worker at your school or Social Work Services (905) 527-5092 ext. 2806.

[Groups & Workshops for Parents](#)

Visit our website to find detailed descriptions for each of the parent workshops and groups listed: hwdsb.info/WeHelpParents

Separation Anxiety Sessions

September 14 from 6-7 p.m. - hwdsb.info/Separation-Sept14

September 16 from 12-1 p.m. - hwdsb.info/Separation-Sept16

Emotion Coaching Webinars

September 14 from 6:30-8 p.m. - hwdsb.info/EC-Sept14

October 5 from 9:30-11 a.m. - hwdsb.info/EC-Oct5

November 24 from 6:30-8 p.m. - hwdsb.info/EC-Nov24

December 13 from 3:30-5 p.m. - hwdsb.info/EC-Dec13

Families Worrying Less Together Information Sessions

October 18 from 1-2 p.m. - hwdsb.info/FWLT-Oct1pm

October 18 from 6-7 p.m. - hwdsb.info/FWLT-Oct6pm

[HWDSB Mental Health Resource Lists for Students and Parents](#)

Use HWDSB's Community Supports and Mental Health Resources lists for students and parents/caregivers to find:

- Individual Supports
- Group Supports
- Provincial Resources
- Crisis Services
- Community Supports

[Community Supports and Mental Health Resources for Students](#)

[Community Supports and Mental Health Resources for Parents and Caregivers](#)

You can also find [Help by Topic](#) on the HWDSB We Help page. Explore resources for topics like:

- General Mental Health
- Anxiety and Depression
- Emotional Regulation
- Sexual Health

We Help.

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 hwdsb.on.ca/wehelp