

Social Work Week

The first week of March marks Social Work Week in Ontario, a chance for us to celebrate the essential contributions of social workers in HWDSB school communities and across the province.

Each day, social workers make valuable contributions to student well-being and achievement. HWDSB social workers help students by supporting mental well-being, leading therapeutic groups, addressing important social issues, and so much more.

More than 20,000 social workers assist Ontario clients, patients, individuals, families, and communities.

[Visit the HWDSB website](#) to read more about social work at HWDSB.

Black Mental Health Week

Anti-Black racism continues to have negative effects on the mental health and physical well-being of Black Ontarians.

Systemic policies, programs, and practices in the mental health system, rooted in anti-Black racism, create barriers that impact Black youth. Specifically, Black youth's ability to timely access safe and culturally affirming and responsive mental health services.

Black Mental Health Week (March 6-12) raises awareness of the specific mental health needs of Black youth and their communities.

[Visit the HWDSB website](#) to access Black Mental Health Week resources and supports.

Groups & Workshops for Parents and Caregivers

Use the associated links to register and visit our website for detailed group and workshop descriptions: hwdsb.info/WeHelpParents

Emotion Coaching Webinars

Emotion Coaching is a communication strategy that can calm the brain in as little as 60 seconds and help improve relationships. Click the following links to register for one of the 90-minute webinars:

April 12 from 6:30-8 p.m. - hwdsb.info/EC-Apr12

May 4 from 9:30-11 a.m. - hwdsb.info/EC-May4

June 6 from 6:30-8 p.m. - hwdsb.info/EC-June6

PDF Flyer: [Emotion Coaching for Parents/Caregivers Spring 2023](#)

Parent/Caregiver Cheat Sheet: [Emotion Coaching Cheat Sheet for Parents and Caregivers](#)

Video: [Learn more about Emotion Coaching at HWDSB](#)

Families Worrying Less Together Information Sessions

April 18 from 12-1 p.m. - hwdsb.info/FWLT-Apr18afternoon

April 18 from 6-7 p.m. - hwdsb.info/FWLT-Apr18evening

Canadian Mental Health Association: Talking About Mental Illness (TAMI) Presentations

Join us for TAMI (Talking About Mental Illness) presentations for parents and caregivers.

March 22 from 6:30-7:30 p.m. - hwdsb.info/TAMI-March22

May 10 from 6:30-7:30 p.m. - hwdsb.info/TAMI-May10

Transcend Group for Caregivers

Transcend is a social and support group for caregivers of transgender, non-binary, gender non-conforming and gender questioning children and youth. Group meetings are held once/month for two hours to provide an opportunity to share the ups, downs and questions about your child's gender identity, gender fluidity and transition with a welcoming group of caregivers, with support from a facilitator with lived experience who works in the Hamilton trans community. Please contact dbyers@hwdsb.on.ca for more information.

Groups & Workshops for Students

Visit our website to find detailed descriptions and registration information for workshops and groups: hwdsb.info/WeHelpStudents

Transcend Youth Group

A group for transgender, non-binary, gender non-conforming and gender questioning children/youth.

AFFIRM

A Cognitive-Based Therapy informed treatment group for Two Spirit and LGBTQIA+ youth.

TRAILS Anxiety and Depression

For children and youth who struggle with moderate symptoms of stress, anxiety, and/or depression.

Teen Activation Group (TAG)

For youth struggling with depression and anxiety who are not ready to access other treatment options.

HWDSB Mental Health Resources 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