

## Mental Health Resources to Start the New Year

As the daytime light becomes shorter, the nighttime darkness becomes longer, and the temperatures become colder, it is not unusual to feel a decline in our mental wellness. There are ways that parents and caregivers can help their loved ones to navigate the colder months, manage exam and academic related stress in the new year, and help to improve their overall mental wellbeing.

[Mental Health Activities for Elementary Students](#)  
[Mental Health Activities for Secondary Students](#)  
[Self-Care 101 for Students](#)  
[How to Support a Mentally Healthy Back to School for Your Child](#)

Stay tuned for our next We Help Update in March 2023!

## Supporting Students After Distressing Events

We are all shocked and saddened when a stressful event occurs in our community or in the world. We may feel sadness, grief, helplessness, anxiety and anger. Whatever we feel is okay. When supporting a child or youth, please consider the following points.

- Take care of your own feelings and needs
- Help children and youth feel safe
- Acknowledge and validate feelings
- Be a good listener and observer
- Support: respond to changes in behaviour
- Identify children and youth who might be at risk

[Tips for adults supporting children and youth after distressing events](#)

## 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](http://hwdsb.info/WeHelpParents)

### Emotion Coaching Webinars

January 18 from 9:30-11 a.m. - [hwdsb.info/EC-Jan18](http://hwdsb.info/EC-Jan18)  
February 9 from 6:30-8 p.m. - [hwdsb.info/EC-Feb9](http://hwdsb.info/EC-Feb9)  
March 7 from 3:30-5 p.m. - [hwdsb.info/EC-Mar7](http://hwdsb.info/EC-Mar7)

PDF Flyer: [Emotion Coaching for Parents/Caregivers Winter 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

January 17 from 12-1 p.m. - [hwdsb.info/FWLT-Jan17afternoon](http://hwdsb.info/FWLT-Jan17afternoon)  
January 17 from 6-7 p.m. - [hwdsb.info/FWLT-Jan17evening](http://hwdsb.info/FWLT-Jan17evening)

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

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

### Coping Strategies and Managing Stress

January 25 from 6:30-7:30 p.m. - [hwdsb.info/TAMI-Jan25](http://hwdsb.info/TAMI-Jan25)

### Understanding the Difference between Mental Health & Mental Illness & Normalizing Emotions

February 22, 2023, 6:30pm-7:30 p.m. - [hwdsb.info/TAMI-Feb22](http://hwdsb.info/TAMI-Feb22)

### How to Have Difficult Conversations with your Family, Children & Friends

March 22, 2023, 6:30pm-7:30 p.m. - [hwdsb.info/TAMI-March22](http://hwdsb.info/TAMI-March22)

### 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](mailto: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](http://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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