

Workshops and Groups for Students

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

TRAILS to Wellness Skills Group – For students in grades 9 to 12 struggling with depression and/or anxiety.

For more information, please email wehelp@hwdsb.on.ca.

Coping with COVID-19 - A seven-week skills-based group for children, grades 4 to 8, struggling with the unique challenges that COVID-19 has presented in our world.

For more information, please email wehelp@hwdsb.on.ca to register by January 31, 2022. PDF Flyer: [Coping with COVID-19](#)

Workshops and Groups for Parents/Guardians/Caregivers

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

Separation Anxiety

January 19, 2022 from 6-7 p.m.

Register at: hwdsb.info/Separation-Jan19

Families Worrying Less Together

January 25, 2022 from either 1-2 p.m. or 6-7 p.m.

Register at: [Families Worrying Less Together](#)

Emotion Coaching for Parents and Caregivers – Winter 2022

January 26, 2022, 3:30-5 p.m. – Register at: hwdsb.info/EC-Jan26

February 1, 2022, 12-1:30 p.m. – Register at: hwdsb.info/EC-Feb1

February 10, 2022, 6:30-8 p.m. – Register at: hwdsb.info/EC-Feb10

February 15, 2022, 9:30-11 a.m. – Register at: hwdsb.info/EC-Feb15

To register for the six-week caregiver group, please call the Hamilton Family Health Team, Mental Health Groups line at 905-667-4852.

PDF Flyer: [Emotion Coaching for Parents-Caregivers Winter 2022](#)

Learning Disability and Mental Health

February 9, 2022 from 6-7 p.m. with time for questions from 7-7:30 p.m.

Register at: hwdsb.info/mhs-feb9

Developmental Disabilities and Mental Health

February 16, 2022 from 6-7 p.m. with time for questions from 7-7:30 p.m.

Register at: hwdsb.info/mhs-feb16

The Gifted Learner and Mental Health

February 23, 2022 from 6-7 p.m. with time for questions from 7-7:30 p.m.

Register at: hwdsb.info/mhs-feb23

Autism Spectrum Disorder (ASD) and Mental Health

March 2, 2022 from 6-7 p.m. with time for questions from 7-7:30 p.m.

Register at: hwdsb.info/mhs-mar2

Virtual Office Hours

Connect virtually with Mental Health Professionals from HWDSB Social Work Services and Psychological Services to discuss challenges your child may be facing and learn of strategies and resources available at HWDSB and the community. Join us Thursdays:

10-11 a.m. – January 27, February 10, February 24: hwdsb.info/Office-10am

4-5 p.m. – February 3, February 17: hwdsb.info/Office-4pm

Resources for Students

Please see the following resources for students from [School Mental Health Ontario \(SMHO\)](#):

- [Tips for Supporting Yourself as a 2SLGBTQI+ Student](#)
- [Mental Health Support for Indigenous Students](#)
- [No Problem Too Big or Too Small: Student Help-Seeking Resource](#)

Resources for Parents/Guardians/Caregivers

Please see the following resources for parents/caregivers from HWDSB and [School Mental Health Ontario \(SMHO\)](#):

- [Anxiety Infolet for Parents](#)
- [Anxiety in Kindergarten](#)
- [Anxiety in Youth Infolet](#)
- [ADHD Parent Infolet](#)
- [Depression - when it's more than sadness](#)
- [Lost, Late and Scattered - Executive Functioning](#)
- [Learning Disabilities and Mental Health](#)
- [Developmental Disabilities and Mental Health](#)
- [Emotion Coaching Cheat Sheet for Parents and Caregivers](#)
- [SMHO - How to Support a Mentally Healthy Back to School for Your Child \(Available in 34 languages\)](#)
- [SMHO With Care - Tip sheet for Parents and Caregivers](#)
- [SMHO Info Sheet - Noticing Mental Health Concerns for Your Child](#)

We Help.

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