

## Supporting Student Mental Health: Free YWAP Workshop Opportunity

To Whom It May Concern,

I hope this message finds you well. My name is Sheryl Boswell, Executive Director of Youth Mental Health Canada (YMHC), a Hamilton-based charitable not-for-profit organization (CRA BN: 771374915RR0001) dedicated to supporting young people's mental health through education, resources, and advocacy.

I'm reaching out with an opportunity for your school: a free mental wellness workshop for your students focused on creating personalized Youth Wellness Action Plans (YWAPs).

Supporting student mental health and well-being is more important than ever. Youth Wellness Action Plans are personalized, proactive tools that help students recognize what keeps them well, identify warning signs, stressors, and triggers, and build strategies to stay balanced, focused, and resilient inside and outside the classroom.

Our workshops are:

- **Free of charge** as part of our commitment to community mental wellness.
- **Age-appropriate**, customizable for students in Grades 7–12.
- **Interactive and practical**, designed to help students leave with a completed personal WAP.
- Aligned with the Ontario curriculum's emphasis on mental health literacy and self-advocacy.
- **Co-facilitated** with an educator and young adult.

To register, please fill out the form at <https://tally.so/r/w2RYRj>

We're happy to work around your schedule and can deliver the workshop in person or virtually. The session typically runs between 60–75 minutes and can be tailored to fit classroom blocks or special events like mental wellness days.

### YMHC's Heart-to-Heart National Campaign

As part of our Heart-to-Heart campaign, people from across Canada have come together to knit and crochet hearts, sending them to YMHC as a gesture of compassion and connection. These handmade hearts, along with our specially designed compassionate greeting cards, can be used by schools to send caring messages to students who are absent. For more information about the cards and hearts, please visit our website at <https://ymhc.ngo/pages/heart-to-heart-campaign> and go to the “Request Hearts for Your School” option.

This small act of kindness can make a big difference.

If your school would like to receive hearts to support your students, please reach out—we'd be happy to send some your way and remind every student that they are seen, missed, and valued.

If you're interested in the workshop or the hearts, I'd love to speak further about bringing these resources to your students. Please feel free to contact me at **647-952-9642** or **[admin@youthmentalhealth.ca](mailto:admin@youthmentalhealth.ca)**.

Thank you for your time and all you do to support the students of Hamilton.

Warm regards,

Sheryl Boswell

Executive Director

Youth Mental Health Canada

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