

Mental Health Week 2022

Please find below some activities and resources available for Mental Health Week, which takes place May 2-6, 2022. Most activities are appropriate for students in grades 6 to 12 and links to register have been included. Learn more: hwdsb.info/MHW2022

Exploring Empathy: A Canadian Conversation	Join the Canadian Mental Health Association (CMHA) and multiple award-winning guest speakers in kicking off Mental Health Week with a virtual conversation exploring empathy. This presentation is for all students.	Monday, May 2 12-1 p.m.	Click here to register
Supporting a friend when you are concerned about their mental well-being	Join CMHA's Jill Dennison and a guest with lived experience (TAMI) as they discuss how to support a friend when you are concerned about their mental well-being (with a focus on empathy and validation).	Wednesday, May 4 9 a.m.	Click here to register
Ways to Wellness and Fun	CMHA's Jill Dennison will present fun activities that will promote an understanding of mental health and well-being.	Friday, May 6 1:15 p.m.	Click here to register
What is Anxiety?	Join CMHA's Jill Dennison and a guest with lived experience (TAMI) as they discuss What is Anxiety? (Including a focus on coping strategies).	Monday, May 9 1 p.m.	Click here to register

Groups & Workshops for Parents

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

Emotion Coaching

Emotion Coaching is a communication strategy that can calm the brain in as little as 60 seconds, and help improve relationships.

Wednesday, May 11 from 9:30-11 a.m. – Register: hwdsb.info/EC-May11

Wednesday, May 25 from 6:30-8 p.m. – Register: hwdsb.info/EC-May25

Tuesday, June 7 from 12-1:30 p.m. – Register: hwdsb.info/EC-June7

Wednesday, June 22 from 6:30-8 p.m. – Register: hwdsb.info/EC-June22

To register for the six-week Emotion Coaching caregiver group, please call the Hamilton Family Health Team, Mental Health Groups line at 905-667-4852. We encourage caregivers to participate in a webinar before joining the caregiver group, however it is not required.

PDF Flyer: [Emotion Coaching for Parents/Caregivers Spring 2022](#)

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

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

Mental Health Lunch and Learn Series

Register for one of our virtual Lunch and Learn sessions where HWDSB staff will discuss specific topics related to mental health.

Lunch and Learn: What is Anxiety?

Tuesday, May 17 from 12-1 p.m. - Register: hwdsb.info/May17anxiety

Lunch and Learn: ADHD

Tuesday, May 24 from 12-1 p.m. - Register: hwdsb.info/May24ADHD

Lunch and Learn: Depression

Tuesday, May 31 from 12-1 p.m. - Register: hwdsb.info/May31Depression

What to do if Your Child is in Crisis?

June 8, 2022 from 12-1 p.m. - Register: hwdsb.info/June8Crisis

Virtual Drop-In Support

Join staff from Social Work and Psychological Services via MS Teams to discuss concerns and learn of strategies as well as supports available through the school board and community.

Wednesday, April 27 at 6:30 p.m. - Register: hwdsb.info/Apr27drop-in

Tuesday, May 10 at 12 p.m. - Register: hwdsb.info/May10drop-in

Wednesday, May 25 at 6:30 p.m. - Register: hwdsb.info/May25drop-in

Tuesday, June 7 at 12 p.m. - Register: hwdsb.info/June7drop-in

Tuesday, June 21 at 12 p.m. - Register: hwdsb.info/June21drop-in

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 \(May 2022\)](#)

[Community Supports and Mental Health Resources for Parents and Caregivers \(May 2022\)](#)

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

- General Mental Health
- Anxiety, Low Mood, and Depression
- Emotional Regulation
- Sexual Health
- Substance Misuse

We Help.

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 hwdsb.on.ca/wehelp