

World Mental Health Day 2022

On Monday, October 10, the world came together to recognize World Mental Health Day. The designated theme for 2022 was Making Mental Health & Well-Being for All a Global Priority. At HWDSB, we continue to put a spotlight on well-being through our We Help Update newsletters.

See our latest edition for various webinars, workshops, and treatment groups available to students and caregivers. We have also included a resource from McMaster Children's Hospital (MCH) below that lists additional community offerings. Stay tuned for our next We Help Update in January 2023!

[Click here for MCH's Growing Together: A Community Education Guide for Parents, Youth and Children](#)

HWDSB Classrooms Start the School Year with Wellness



This week, Reimagining Wellness 2.0 lessons are coming to a close in elementary classrooms. To celebrate a successful second year of the initiative, we are sharing a video that brings the activities to life.

Find a link to the video below and see how Reimagining Wellness 2.0 is turning classrooms into communities.

[Click here to watch the Reimagining Wellness 2.0 video](#)

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](https://www.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.

November 24 from 6:30-8 p.m. - [hwdsb.info/EC-Nov24](https://www.hwdsb.info/EC-Nov24)

December 13 from 3:30-5 p.m. - [hwdsb.info/EC-Dec13](https://www.hwdsb.info/EC-Dec13)

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

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

If you are the parent/primary caregiver of a student in grades JK to 8 who is excessively shy or has intense worries and fears, come learn about the Families Worrying Less Together program.

October 18 from 1-2 p.m. - [hwdsb.info/FWLT-Oct1pm](https://www.hwdsb.info/FWLT-Oct1pm)

October 18 from 6-7 p.m. - [hwdsb.info/FWLT-Oct6pm](https://www.hwdsb.info/FWLT-Oct6pm)

Mental Health and Well-Being Lunch & Learn Series

Join HWDSB staff at a Lunch & Learn session for information, tips, and resources on the following topics.

ADHD - October 19 from 12-1 p.m. - [hwdsb.info/Oct19ADHD](https://www.hwdsb.info/Oct19ADHD)

Anxiety - October 26 from 12-1 p.m. - [hwdsb.info/Oct26Anxiety](https://www.hwdsb.info/Oct26Anxiety)

Depression and Low Mood - November 2 from 12-1 p.m. - [hwdsb.info/Nov2Depression](https://www.hwdsb.info/Nov2Depression)

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

Understanding the Difference between Mental Health & Mental Illness & When to Seek Help

October 26 from 3:30-5 p.m. - [hwdsb.info/TAMI-Oct26](https://www.hwdsb.info/TAMI-Oct26)

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

November 22 from 6-7:30 p.m. - [hwdsb.info/TAMI-Nov22](https://www.hwdsb.info/TAMI-Nov22)

How to Support Each Other - You & Your Partner's Mental Health

December 20 from 12-1 p.m. - [hwdsb.info/TAMI-Dec20](https://www.hwdsb.info/TAMI-Dec20)

Groups & Workshops for Students

Visit our website to find detailed descriptions and registration information for workshops and groups: [hwdsb.info/WeHelpStudents](https://www.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](https://www.hwdsb.on.ca/wehelp)