



**WEBSITE:**

[https://wchs.secpsd.ca/apps/pages/index.jsp?uREC\\_ID=1115451&type=d&pREC\\_ID=1386036](https://wchs.secpsd.ca/apps/pages/index.jsp?uREC_ID=1115451&type=d&pREC_ID=1386036)



## MENTAL HEALTH CAPACITY BUILDING PROGRAM

### -Goals-

1.-Build mental health capacity in others by increasing knowledge, skills and confidence.

1.1.- Help to build RESILENCY

1.2.- Provide strategic TOOLS to manage adversity.

1.3.- Help to obtain COMMUNICATION  
SKILLS  
&  
HEALTHY RELATIONSHIPS

## What else we can do:

### Connect with students.

- Co-facilitating mental health/healthy relationship lessons with teacher, activities, and events.
- Facilitating connections to community resources.
- Mentoring/empowering students in areas of mental health/healthy relationship.

### Connect with parents.

- Connecting parents with community resources and presentations on topics like conflict, suicide awareness, and social media.
- Developing resources for parents that complement the mental health/healthy relationship topics that students are covering in school.

### Connect with teachers.

- Planning ways to incorporate mental health themes into the school curriculum and existing activities/events.
- Assisting and mentoring staff with delivering various mental health/healthy relationship lessons.
- Working with the school staff to provide mental health support to students/parents (family events, clubs, website resources, etc.)

### Connect with the Community

- Outreach to non-project school.
- Collaborating on community events.
- Organizing community presentations.

Would you like to see any other programs implemented in the school or the community, don't hesitate to contact us at...



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## Current programming

### TO STUDENTS:

- Quiet corner. We provide a calm and quieter environment to students, where they can enjoy their lunch time.
- Summer program opportunities.
- Workshops during school breaks partnering with community agencies.

### TO PARENTS:

- Connect with needed services
- Caring Saturdays.
- Parenting workshops lead by different.

### TO TEACHERS

- Look for for professional development opportunities.
- Support with presentations in classroom.