

Mental Health and Wellness Newsletter

September, 2016

Introducing

Community Events

- **Suicide Prevention Day** – September 10, 2016
- **Amplify** – Grade 10 and 11 students – October 6
(See attached flyer)
- **Murder Mystery Fundraiser** – Phoenix Centre – October 29
(See attached flyer)
- **Mental Health Services Survey** – Please consider filling out [this survey on mental health services](#) if you have had any experience with these services.

CHEO and Mental Health Services of Renfrew County have new pathways to support school students for wrap-around wellness care at RCCDSB. We are excited to have additional local and regional expertise supporting students with mental health needs. Ask ASIST trained staff about these services once school has started.

Resources for Parents

Back to school can be an exciting and foundational time to start great habits – including health thinking and great bedtime routines. Here are some articles to start great school-year habits!

[Back to school](#) – This comprehensive Edutopia list features several articles on children going back to school

[Thinking Helpful Thoughts](#) – This is an interactive healthy thinking activity parents can work through with their child – a great habit to foster!

[Interactive Bedtime Routine](#) – This interactive activity will help children and parents develop a more structured bedtime routine. Check off the activities as you complete them and receive a special goodnight message! You can also choose to print your customized routine.

[Stress-Less tips](#) – You and your child can de-stress with these tips on staying stress-free.

RCCDSB Mental Health Staff Resource Site!

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This is a collection of mental health resources for teachers to read through and enjoy on the board staff resource site. Simply [click on this link](#), sign in, and look for the “Mental Health and Wellness” link in the sidebar. Take a look, the site offers lots of valuable information.

A few highlighted resources are linked below, with many more on the site:

[Resilient Children](#) – Dr. Ungar info sheet
Classroom activities – [4-7-8 breathing technique](#)

[Self-regulation](#) – Dr. Stewart Shanker
infographics

[Mistakes are beautiful things](#) – [YouCubed](#) site lesson plan – you will need to sign up for this exceptional site to get the material.

Mental Health Walk-in Clinics:

Phoenix Centre 613-735-2374

Pembroke – Tue. 2-6pm

Petawawa – Wed. 2-6pm every

Renfrew – Thurs. 2-6pm

Arnprior – Wed. 2-6pm bi weekly

Robbie Dean Centre 613-433-4231

Pembroke – Wed. 3-7 pm

Eganville – Mon. 1-5 pm

Renfrew – Thurs. 3-7 pm

Petawawa – Tues. by appt.

Arnprior – by appt.