

Mental Health and Wellness Newsletter

December, 2016

Community Events

Mental Health video contest – [Visit the Royal Ottawa Hospital website](#) for information about this annual youth video contest. Deadline: Feb. 12, 2017.

Moving on Mental Health

Service User Survey – if you have accessed Mental Health services for a child in Renfrew County [please fill out this survey](#).

Service Provider Survey – please [consider filling out this survey](#) if you work with children to lend your voice to the transformation of Renfrew County Children's Mental health services.

Friday December 16th – Pancake Breakfast and Silent Auction by FCS – please see attached form

A big thank you to Bishop Smith for taking on and completing the CHEO Transitions Pilot Project.



Students

[First Nations Mental Wellness Continuum Framework](#) – This 2014 Health Canada document focuses on the concept of 'mental wellness' in Canada's Indigenous communities.

[Positive thinking – How to foster in your child](#) – Tips on how (and why) to instill positive thinking in your children

[Could Pokemon Go have some mental health benefits?](#) - It took the world by storm when it launched, but could the augmented reality mega-hit have some mental health benefits as well?

More Christian Meditation!

Please see this [new Christian Meditation prayer](#) by Tony Cosentino on the RCCDSB Catholic Resource page.

Holiday Stress Less!

Parents can take a look at these articles on stress and the holidays from the Mayo Clinic:

[Four Holiday Stress-Busting Moves](#)
[Quick Tips – Reducing Holiday Stress](#)

You can also take their [stress assessment to identify your own stress](#).

In addition, here are two videos for identifying stress in children:

- [How to Relieve Your Child's Stress](#)
- [How Stress is Affecting Children](#)

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.