

# Mental Health and Wellness Newsletter

May 2019

*Consider what can be done to help others affected by flooding: Pies? Hot meals? Sandbags?*

## Parent ideas for students who are worried about the flooding



1) =Remind students they can always **pray**

=let students help where they can with baking and sandbagging

2) Try to parent in **THE 4<sup>TH</sup> DIMENSION** (time)

=think about how we can help children feel okay in 10 years about this time – what normalcy can be put into their day? How can they see themselves as helpers? What calming conversations can we have with them that help them feel safe? Remind them as often as they need that they are safe.

Having the flexibility to check-in with children about how they are feeling and if they would like to support is invaluable during this time.

*Feel free to speak to your school if you are worried about how your child is feeling.*

Here are some helpful links about flooding and supporting children:

- <http://bit.ly/2GLTFUm>
- <http://bit.ly/2IOZ14w>
- <http://bit.ly/2DGYFZN>
- <http://bit.ly/2WpB4nq>

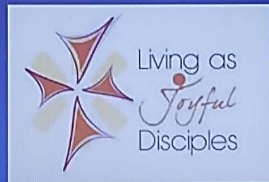
**LORD JESUS,  
I GIVE YOU MY HANDS TO DO YOUR WORK.**

## Catholic Education Week material for RCCDSB



Click on the picture to view the **NEW** material!  
This resource was created for our schools from the EOCCC new mental health and wellness curriculum, Indigenous Education and Safe Schools.

### Catholic Education Week 2019



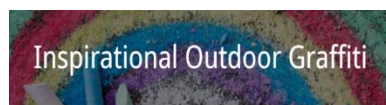
Activities prepared for use in Renfrew County Catholic Schools

<http://bit.ly/2XZn6ZU>

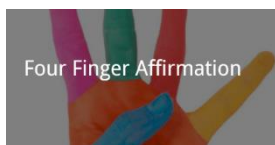
## Classroom Activities to decrease stress in stressful times. Consider adding these activities to your classroom



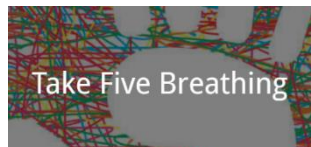
<http://bit.ly/2XS7MOS>



<http://bit.ly/2vxshnK>



<http://bit.ly/2ISJUY4>



<http://bit.ly/2IS9n3B>

### Mental Health Walk-in Clinics

**Phoenix & ATS** 613-735-2374 → Pembroke – Tue. 2-6 pm | | Renfrew – Thurs. 2-6 pm | | Arnprior – Wed. 2-7pm | | Petawawa – Wed. 2-6 pm

**Robbie Dean Centre** 613-433-4231 → Pembroke – Wed. 3-7pm | Renfrew – 3-7pm | | Petawawa – Tues. 1-5 pm | | Arnprior – Mon. 3-7 pm | | Eganville – Mon. 1-5pm