

Student Wellness Project Parent Newsletter #2

These are trying times and your Student Wellness Project would like to help support you and your family's mental health and wellness. Each week we will send out a newsletter to help support each and everyone of you.



Get your mind ready with Mind Yeti, a program designed to help kids and their adults calm their minds, focus their attention, and connect better to the world around them.

Video: Finding Your Yeti Body

<https://www.youtube.com/watch?v=ge8CqeffVaw&list=PLiaUKiwbiHMQDQLCxoPaMMYotldKIUQCw&index=5>

If you need to reach out remember there are resources:

- Kids Help Phone: 1-800-668-6868
- <https://kidshelpphone.ca/live-chat/> (live chat)
- Mental Health Hotline: 1-877-303-2642

Text **COVID19HOPE** to **393939** to subscribe. The program provides one-way communication. It is a helpful option for people in self-isolation who can't access face-to-face services, as well as those in remote locations (text messages are free, dependent on the users cell phone plan).

FREE ONLINE WORKSHOP FOR FAMILY CAREGIVERS

COVID-19: All You Need to Know About Infection Control and Prevention

Wednesday, April 8 at 9:00 – 10:30 am

Learn about how infections are spread and the ways you can protect yourself and your loved ones, along with suggestions on how to maintain self-isolation within a home setting.

<https://www.eventbrite.ca/e/covid-19-all-you-need-to-know-about-infection-control-and-prevention-tickets-100797038656?utm-medium=discovery&utm-campaign=social&utm-content=attendeeshare&utm-source=strongmail&utm-term=listing>