

Community Coming Together (CCT)

www.communitycomingtogether.weebly.com



April, 2015

SPOTLIGHT ON UPCOMING EVENTS

It's hard to believe that there are only a few months left of this school year and what busy months they will be for CCT! Following are some of our events we would like to highlight and encourage you to participate in!

Move For Mental Health Fun Run/Walk

May 3 marks the beginning of Mental Health Week, an annual national event encouraging everyone to talk, reflect, and engage with others on all issues relating to mental health. May 3 also marks our 2nd annual Move For Mental Health Fun Run/Walk, a 2K & 4K event held in Kin Coulee Park. This FREE family event attracted nearly 200 people last year and we

Apologies!

Many apologies to any parents who had planned to attend our Cyber Savvy Parents information evening on March 9. Unfortunately, our presenter had to cancel at the last minute. While the cancellation was unavoidable, we are sincerely sorry for any inconvenience this may have caused!

can't wait to make it an even bigger event this year! Wear green (the color of mental health awareness) and your silliest hat (in recognition of Hats On! For Mental Health) and come join us from 1-4 PM for a fun afternoon! You can find out more information on our event website www.move4mh.weebly.com or register for FREE at www.move4mh.eventbrite.ca



Move For Mental Health Fun Run/Walk 2014

Mental Health Week

The first week in May is Mental Health Week and we are planning events for each school to promote various ways for students to learn self-care techniques. Given that we have 9 schools in our Division, in order to get to each school, we will likely expand Mental Health Week into Mental Health Month!

Resiliency Postcard Campaign

This is our 3rd year offering this event and we look forward to it every year! This year, we are working with the Gr. 6 classes in our school division to explore the various protective factors in their lives that help them manage stress and remain healthy. We emphasize the importance of having a positive adult in our lives and then have the students write on a postcard about an adult who has made a difference in their lives, whether it be a big impact or a small (yet still significant) influence. We then choose several of these postcards and contact the adults named, to invite them (along with the student and their family) to an Acknowledgement Evening where the student and our community has an opportunity to thank each of these adults for their contributions to the life of a child. It is a touching and meaningful event and this year we will be holding it on May 27 at 7 PM at the Holy Family Catholic Church Hall. There will be more information forthcoming for those interested in attending.