

Community Coming Together (CCT) Newsletter



L to R: Carina Marroquin, Ashley Day, Cassandra Swiegers, Jaycene Mock

and activities within schools and classrooms that focus on encouraging mental wellness. Examples of some of the topics covered are stress management, relaxation, relationship skills, frustration tolerance, body image, and communication skills. We are always coming up with fun and interesting ways to present our topics and are open to suggestions from school staff, students and parents. We also plan on offering family information sessions on a range of topics as well as Family Nights to encourage fun family activities. You can find out more about us at

www.communitycomingtogether.weebly.com

Who are the members of the CCT Team?

CCT is made up of multi-disciplinary professionals who want the best for our students, families, and community. Here are each of our Team members:



Patti Wagman, Project Coordinator

Where were you born or where did you grow up?

I was born in Regina, SK and grew up on a farm near Balgonie, SK.

How long have you worked for CCT? This is the start of my 3rd year with CCT.

What sports team do you cheer for? Much like most people from SK, I am a die-hard Roughriders fan!

Do you have any siblings? I have a brother who lives in Australia as well as a half brother and half sister who both live in Regina.

What movie have you watched too many times to count? The Wizard of Oz. I know the words to every song & annoy everyone

by signing along! I love the message that the answers you search for are within you and that "there's no place like home!"



Ashley Day, Spirit Coach (Notre Dame, St. Patrick's, & St. Louis)

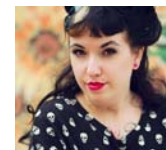
Where were you born or where did you grow up? I was born in Calgary AB and grew up in Taber AB.

How long have you worked for CCT? It will be 4 years in March!

What sports team do you cheer for? Calgary Flames!

If you weren't doing what you do today, what other job would you want to have? I would love to be a chef!

What is your favorite season & why? Fall! I love the leaves changing colors, Thanksgiving and spending time with family & of course pumpkin spice lattes!



Jaycene Mock, Resiliency Outreach Coordinator (McCoy, St. Francis, St. Michael's)

If you had a million dollars, what would you spend it on? I would spend it on my crafting business to enable my designs to be outsourced, I would take my parents on their dream vacations and I would go to Universal Orlando!

What is your favorite part of your job with CCT? My favorite part of being a CCT team member is that I really get to connect with my community. From the amazing students and staff to the rest of my supportive team, it's really makes me realize how much I can make an impact.

What is CCT?

The Community Coming Together (CCT) Project is part of the provincial Mental Health Capacity Building Initiative, which means that we are working toward teaching staff, students and families how to promote mental wellness in themselves and others. This is a project which is a joint venture between Alberta Health Services, Alberta Education, The Medicine Hat Catholic Board of Education, and various community partners. We have been in existence since 2008 and have previously worked out of Notre Dame Academy, St. Mary's and Monsignor McCoy schools. We are thrilled to be expanding our project into the elementary schools in the Medicine Hat Catholic School Division so that all schools in the Division will be receiving positive mental health messaging.

What does CCT do?

CCT Team members provide programs



"I alone cannot change the world, but I can cast a stone across the waters to create many ripples."

- Mother Teresa

Who are the members of the CCT Team? (Cont'd...)

Tell us about your pet. My little dog, Scarlet is very cute but sometimes badly behaved! She's the only dog I know who has to be coaxed to go on a walk but loves to cuddle, and give puppy kisses (stinky, stinky puppy kisses!).

What sports team do you cheer for? GO MONTREAL CANADIENS!!

Who is your hero? And why? My twin sister Janessa is my hero because of how much she's enriched my life. She's always been my partner in crime and my rock and I know I wouldn't be the person I am today if it weren't for her.



NO IMAGE
AVAILABLE

Carina Marroquin, Spirit Coach (St. Mary's, St. Thomas, and Mother Teresa)

Prior to CCT, where else have you worked? I have had the privilege in attaining experience and knowledge working with children and youth with groups and agencies such as the Medicine Hat Women's Shelter, City of Calgary Recreation, Boys and Girls Club.

What are you passionate about? Without a doubt I have found that my passion is to work with youth within the community and help them grow into a strong and striving youth for our future! I am also passionate about learning about different cultures and love to travel. I hope to learn Mandarin and Italian and travel to Thailand one day!!

What do you like doing in your spare time? When I am not in the schools, I enjoy spending a lot of my time in the outdoors, either it

being hiking, camping, long boarding in the summer or snowboarding in the winter!! I also love creating abstract paintings and sharing my creativity with others!



Alysha Gurney, Mental Health Consultant

Where were you born? Medicine Hat and I have a hard time picturing myself anywhere else.

How long have you worked for CCT? I'm brand new to Community Coming Together this year and I am very excited about being

part of the team and getting to know the students.

What do you like to do in your spare time? In my spare time you will find me camping, boating, tubing and fishing on and/or by any body of water.

Do you have any pets? I have two dogs that keep me company; a tiny yorkie and boston terrier that come with me everywhere.

What are you passionate about? I am very passionate about art and if I wasn't working in the schools you would probably find me teaching or doing art full time.

If you could choose any superpower, what would it be? To read minds so I could tell what everyone was thinking.



Create a Halloween tradition!

Start a Halloween tradition!

Traditions are regular rituals that you perform at the same time and/or in the same way. They can be big or small but are carried out with a specific purpose in mind. They are a great way to enjoy holiday seasons but also to promote family

togetherness, form a sense of identity and belonging, and offer comfort or security. Traditions teach values and pass on cultural and religious heritage. They connect generations and create lasting memories.

How do we start a tradition?

Of course, the Internet & Pinterest is a great place to find fun ideas. Whatever you decide on, make your traditions meaningful for your family. Here is one activity that not only would be fun for your family to do each year but also involves spreading cheer throughout your neighborhood:

<http://greysquaredesigns.blogspot.ca/2011/09/youve-been-booed-free-printable.html>

Want more ideas? Try out these fun Halloween activities with your kids:

<http://www.modernparentsmessykids.com/2012/09/d-o-you-have-a-halloween-ritual.html>

From: <http://www.artofmanliness.com/2013/10/09/creating-a-positive-family-culture-the-importance-of-establishing-family-traditions/>