



Community Coming Together



MONTHLY NEWSLETTER FEBRUARY 2017

OPENING THE DIALOGUE

Bell Let's Talk Day 2017 has just passed and this year \$6.5million dollars of funding was generated for mental health initiatives across Canada. We need to keep the dialogue going and increasing our understanding of mental health and breaking the stigma attached to mental illness. Here are 5 tips to help:

1. Language Matters: be aware your words can help or hurt. Choose your words wisely.
2. Educate Yourself: Education is key in knowing how to help
3. Be Kind: Simple and genuine kindness can make a difference
4. Listen and Ask: Listen to what people are saying and ask how you can help
5. Talk About It: Starting a conversation is the first step towards eliminating stigma

To learn more visit letstalk.bell.ca

CLASSROOM LEARNING

What's happening in the classroom with our Wellness Facilitators.

Lana Walton, along with our MHC practicum student Zack R., has been working on the topics of true friends at the Elementary level and healthy relationships with the Junior High students.

With the students at Mother Teresa and St. Thomas they have read *Enemy Pie* by Derek Munson and *The Recess Queen* by Alexis O'Neill. They have also made friendship bracelets and friendship fortunes to highlight what characteristics they are looking for in friends.

At St. Mary's they have highlighted what makes a healthy relationship, they have done role plays and have problem solved how to handle when relationships go askew.

Upcoming Events

Detailed Descriptions on back page

- **February 7: Awareness and Safety in Cyber-space: A Parents Workshop**
- **April 30: Move 4 Mental Health: Run/Walk and Fun Fest**



EVENT DETAILS

- **February 7, 6:30-8:30 PM** at the Community Board Room in the Medicine Hat Police Station we will be holding our **CYBER SAAVY PARENTING WORKSHOP**. Cst. Josh Argue will be presenting about the apps that are currently popular amongst school aged mobile users and things that parents should be aware of. Learn what you need to know as a parent, what dangers are out there and what you can do to keep your children safe in the digital age. Register at www.cybersaavy.eventbrite.ca
- **April 30** will be our 4th Annual **MOVE 4 MENTAL HEALTH Fun Run and Family Self Care Fair**. This will be an afternoon full of activities for the whole family. Mark this date on your calendars and come join us for a day of raising awareness about mental health. If you are involved with a local business that would be willing to help sponsor part of the event please contact Heather @ heather.woodward@mhcbe.ab.ca for a sponsorship package.
- We are working on a Parent Workshop for those with students who are engaged in the Kelso's Choice program. We want to share the program with parents so they are on the same page with their students. Stay tuned for more details on an upcoming parent night..

**Kids are like
a mirror,
what they see
and hear
they do.
Be
a good
reflection
for them.
-K. Heath**

CCT Team

Program Coordinator: Patti Wagman

Wellness Facilitators:

Ashley Fisher - Notre Dame, St. Patrick's, St. Louis

Jaycene Mock - McCoy, St. Francis, St. Michael's

Lana Walton - St. Mary's, Mother Teresa, St. Thomas

Heather Woodward - Community & Family

www.communitycomingtogether.weebly.com

