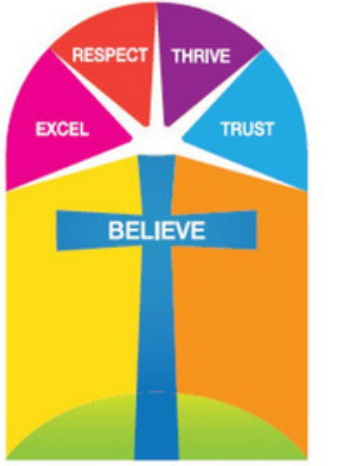




Thrive in Community

December 2024

Supporting Mental Health and Well-Being



December is a Time for Hope

This month, we celebrate the virtue of hope, as we wait and prepare for the Nativity of Jesus Christ at Christmas. It is a good time to pause and reflect on the year and all the memories, challenges, and joys it has brought us. We also share our hopes for the new year ahead and ask for God's blessings in all that we will do. Science tells us that people who practice hope live happier lives and enjoy better physical and mental health. Hope helps us develop patience with ourselves and with others, which can affect all aspects of our lives in a positive way. When we make a conscious effort to focus on strengths and be hopeful, we can avoid negative/unhelpful thinking patterns that can have an impact on our overall well-being and perspective.

If the holiday season is a stressful time for you, consider these [5 ways to manage holiday stress from CMHA](#)

Student Voice



[DP.Champions](#)

Prayer

Loving God,
We enter this Advent season with hearts full of hope. In this time of preparation and planning, we thank you for the hope, peace, joy and love you unfailingly offer us. Let our lives be inspired by the power of hope as we welcome Jesus into our hearts once again. Prepare our hearts to be transformed by your joy, that we may walk in the peace and light of Christ as people of hope.
Amen.



VIRTUE OF THE MONTH: HOPE



School
Mental Health
Ontario

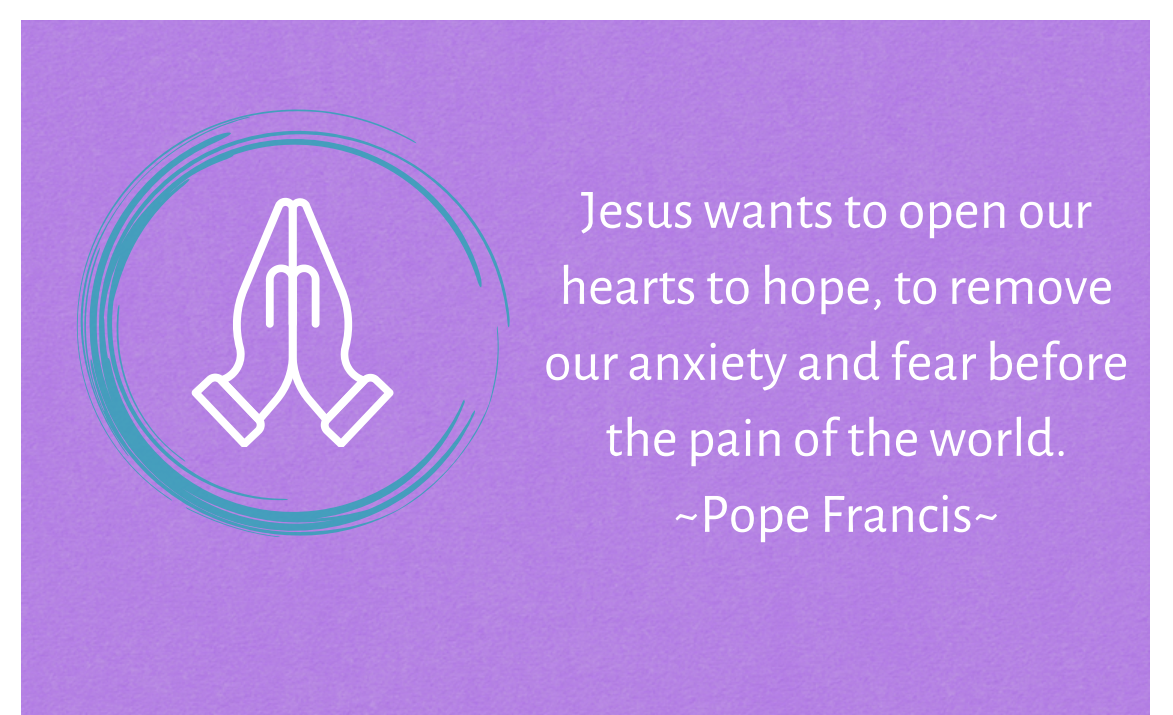
Click on the resources below from School Mental Health Ontario to access the full version

In this month's Thrive, we focus on the virtue of hope. Hope is a powerful tool we can use when we are faced with challenges. When we exercise hope, we choose a positive mindset. Hope encourages us to practice key skills such as optimism, gratitude, and perseverance.

School Mental Health Ontario continues to be an excellent resource for educators, mental health professionals, students, and parents as well. [Click here](#) to learn more about skills that help to develop a positive mindset.

[Illusions](#) is a great activity to help young people consider things from another's perspective, to inspire flexible thinking and reframing. Negative thoughts are often an automatic response to stressors; reframing can provide a coping strategy to help gain perspective on the situation.

The [Pope Francis Five Finger Prayer](#) is an excellent way to help our children to engage in prayer and practice the skill of gratitude. Gratitude helps young people intentionally notice the positive elements in their day and shift the balance towards optimism. Prayer is an act of moral virtue and an important part of faith development. Engaging students in petition prayers provides them with an opportunity to communicate through prayer with God.



Click on each icon to access more resources.



"If we love one another, God lives in us." (1 John 4:12)



Well-Being in DPCDSB Schools

Click on the images to see how our schools promote wellness!



OUR PLEDGE TO STOP BULLYING
WE STAND UP FOR WHAT WE BELIEVE,
FOR ALL THAT IS RIGHT,
FOR THOSE WHO CAN'T.
WE DON'T STAND BY BECAUSE BULLYING
HURTS, INSIDE AND OUT.

Student Pledge from St. Barbara CES



We Dream Team at St. Alfred CES Roll/Bike/Walk to School



Bullying Prevention Week Recap Video!



Gratitude Wall at St. Teresa of Avila CES



Monthly Wellness Week at St. Timothy CES



Gr 7-12 Lesson Samples from DPCDSB
Bullying Prevention Week



Student Information & Resources

As the holiday season approaches, there's a sense of excitement in the air. Students are anticipating a well-deserved break, with time to relax, reconnect with family and friends, and, most importantly, celebrate the birth of Jesus. The holiday season also offers a chance to reflect on the past year and begin thinking about our hopes, dreams, and goals for 2025. While the season is filled with joy, it can also be a challenging time for some students.

In these moments, it's important to hold on to the virtue of hope. Hope allows us to stay positive, cultivate optimism, and actively work towards achieving our dreams, even when obstacles arise. It can be tough at times, but we've shared some helpful resources below that may provide support.

From our Well-Being Team, we wish you all a very Happy Holiday season!



The Power of Yet



8 Ways to Foster Hope in Your Daily Life



3 Ways to Increase Positive Emotions

Looking for Support:

- Kids Help Phone: 1-800-668-6868 or text "CONNECT" to 686868 (o-18 years of age). Black youth can text "RISE" to 686868. Indigenous Youth can text FIRST NATIONS, INUIT or METIS to 686868 to connect with an Indigenous volunteer crisis responder.
- 24.7 Crisis Support Peel: 905-278-9036 1-888-811-2222. (for all ages)
- Dufferin Child and Family Services - Crisis Services: 519-941-1530
- Hope for Wellness Help Line: 1-855-242-3310 (support for all Indigenous peoples across Canada)
- National Indian Residential School Crisis Line: 1-866-925-4419
- Black Youth Help Line: 1-833-294-8650 or 416-285-9944 (website: www.blackyouth.ca)
- LGBTQ+ Youth Line: 1-800-268-9688 (website: www.youthline.ca)
- Naseeha Mental Health Hotline for Muslim Individuals: 1-866-NASEEHA (627-3342) (website: www.naseeha.org)
- 911 or go to your local Emergency Room
- One Stop Talk for youth under 18: (M-F 12:00 pm - 8:00 pm and Saturday 12:00 pm - 4:00 pm) 1-855-416-8255 or onestoptalk.ca and click "start the conversation."

"If we love one another, God lives in us." (1 John 4:12)