

Thrive in Community

April 2025

Supporting Mental Health and Well-Being



April is a time for Love

As spring arrives and the days grow warmer, there is a feeling of lightness and joy in the air. We hope that you enter this Easter season feeling renewed and hopeful. We are reminded that Jesus Christ sacrificed his life for us and rose again because he loves us. In April we can learn about the virtue of Love and how it is related to good mental health. Love is not just an emotion: it is also a decision. Love involves a deliberate choice to give and to serve others. When we are positive, caring, respectful, and non-biased, we can create a loving and supportive environment for our families and community. Positive relationships in childhood and adolescence are one of the best predictors of good mental health. As we celebrate the virtue of Love, let us consciously use our positive energy to boost our children's self-confidence by assuring them that they are loved.

Student Voice



Pink Shirt Day at St. Michael's CSS



Click here to check out more resources from the Champions



[DP.Champions](#)

[Take a Walk with God - \(SMHO\)](#)



Prayer

Dear Jesus,
You summed up the Ten Commandments with two great Commandments: "Love the Lord your God with all your heart... and your neighbour as yourself." May we be open to the Holy Spirit so that we may always choose the way of love.

As difficult as it may be at times, we know the path of love that you carved is the path for us to walk. Help us to be strengthened in faith so that we make decisions that are faithful to the life to which you call us. Amen.

VIRTUE OF THE MONTH:
LOVE



School
Mental Health
Ontario

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

Last month we shared the launch of School Mental Health Ontario's [By Your Side](#), a new toolkit and learning hub designed to support parents/caregivers as they engage in meaningful mental health learning. Each month we will continue to share helpful resources from the learning hub.

The [Noticing Mental Health Concerns for your Child](#) worksheet provides caregivers a guide to help identify concerning changes in their child that could be related to their overall mental health.

Exciting News! Beginning in April, School Mental Health Ontario will be offering the [By Your Side Webinar Series](#). This is a free 5-part webinar series designed to help parents and caregivers navigate important topics related to substance use and addictive behaviours. Confirmed session dates are April 22, May 7, 14, 22. Please click on the [link](#) to access the registration page.



Noticing Mental Health Concerns in Your Child Worksheet



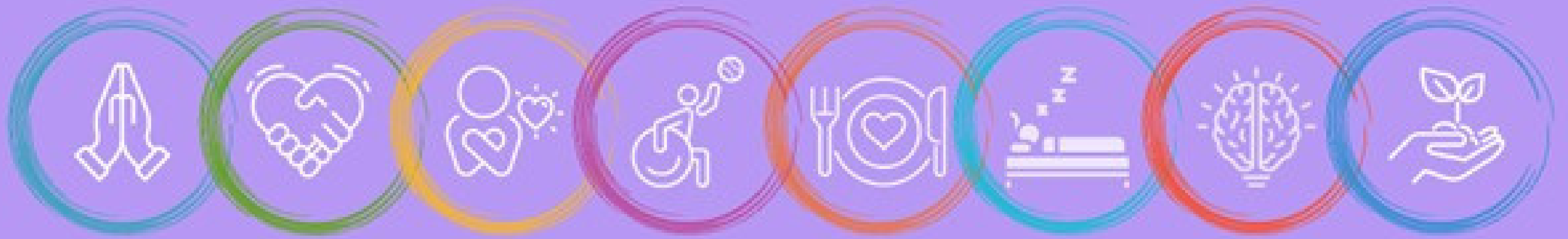
By Your Side Webinar Series



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!



Wellness Team Spreads Positivity at Philip Pocock CSS



Positive Affirmation Boards at Sanctuary, Our Lady of Mercy CES



Be the "I" in Kind at Father Michael Goetz CSS
(Banner Created By Students!)



DPCDSB Pink Shirt Day Reel!



Wellness Warriors Pin With Positivity at St. Mary CES



Student Information & Resources

In April we recognize the virtue of Love and celebrate transition. We look forward to welcoming a change of season which brings warmer temperatures, flowers blooming, and an opportunity to go outdoors. Taking advantage of the outdoors can help improve our mood and lower levels of stress. [Five Ways Nature Can Improve your Mental Health](#) outlines the positive impact nature can have on our overall well-being.

Spring also signifies reflection and growth. Two of our DPCDSB students, Sara and Teo, have been published in the SMHO Student Blog. Sara shares her growth mindset on how she defines success in [Redefining Success: More Than a Report Card](#), and Teo reflects on the importance of how to maintain mental well-being in [Taking care: finding what works for your mental health](#).

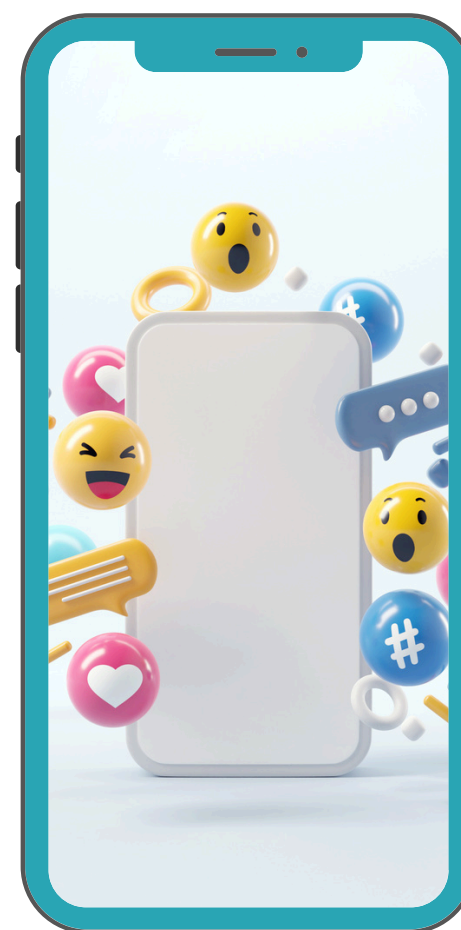
As we practice the virtue of Love, it's important to remember to love and appreciate ourselves. Social media provides opportunities for us to share information about our lives, stay connected to others or learn new information. However, at times social media can feel overwhelming and we consume content that can be detrimental to our mental health. Kids Help Phone's article, [Ways to Feel Good on Social Media](#) offers some excellent advice when using social media.



Five Ways Nature Can Improve Your Mental Health



SMHO Blog: Mental Health Advice from Students



Feeling Good on Social Media

Looking for Support:

- Kids Help Phone: 1-800-668-6868 or text "CONNECT" to 686868 (0-18 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)
- LGBT2Q+ 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)