

Thrive in Community

February 2025



Supporting Mental Health and Well-Being

February is a time for Respect

In February, we are highlighting the virtue of Respect. It is also a time to respect and celebrate the contributions of African, Caribbean, and Black Canadians during Black History Month as part of uplifting Black excellence throughout the year. Respect plays a vital role in fostering happiness, human dignity, and positive relationships. By demonstrating respect, we show that we value the feelings of others and are open to their perspectives, even when they differ from our own. Respect also involves recognizing and appreciating the abilities and worth of those around us. When we strive to treat others with respect, we build compassionate connections and create a healthier, more supportive environment. This helps everyone in our community feel safe and valued, and it contributes to overall well-being. In this issue, you will find resources that can support students in developing the virtue of respect, for themselves, others, and their community.

Student Voice



Wellness Ambassadors at St. Isaac Jogues CES



Click here to check out more resources from the Champions



[DP.Champions](#)

Prayer

Merciful God,
We ask that you help us to see the beauty of your creation.
To speak and act with humility,
To treat others with respect,
And to love you with all our heart.
Father, you are our guide and teacher,
Helps us to walk in the footsteps of your Son, Jesus,
The best example of who we are called to be.
Let your light shine through us as we walk in our journey of life. Amen

VIRTUE OF THE MONTH: RESPECT



School Mental Health Ontario

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

On January 22nd, schools throughout Dufferin Peel Catholic School Board participated in Bell Let's Talk Day. The goal of Bell Let's Talk is to promote mental health awareness and acceptance. Many schools hosted activities and guest speakers throughout the third or fourth week of January.

We would like to encourage you to continue the conversation at home with your children, but we understand it can be a difficult conversation to have. School Mental Health Ontario has provided parents and caregivers two great resources that maybe helpful in getting the conversation started.

[Noticing Mental Health Concerns for Your Child](#) - Info Sheet provides you with information related to signs and symptoms of mental health. In addition, the Info Sheet, [Help Me Understand: talking to your child about mental health](#) provides parents and caregivers strategies they can use to start the conversation with their child about mental health.



Noticing Mental Health Concerns for Your Child.



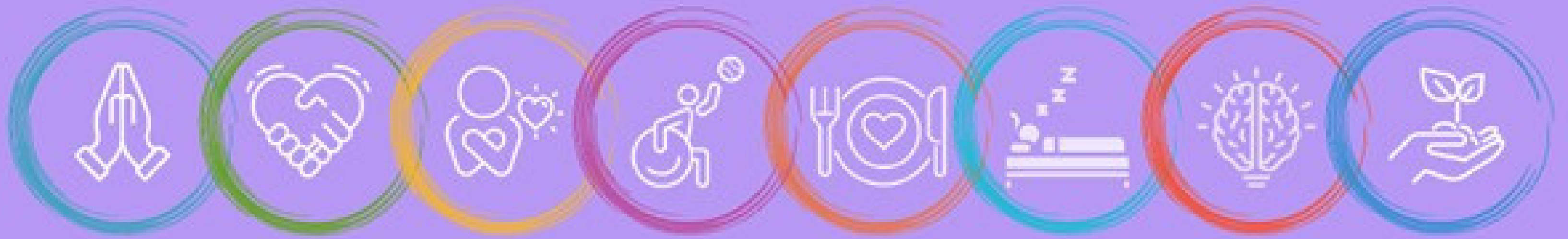
Respect is about listening and seeking to understand the perspective of others; this is an important component of communication. When we "Actively Listen" we develop a greater sense of empathy and acceptance among peers. Students can easily work on improving their active listening skills by being more attentive to their peers or family members when they are engaged in a conversation. Try it and see if you notice a difference.



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!



Spreading Positivity at Sts. Martha and Mary CES



DPCDSB Bell Let's Talk Day Reel



Oh Snap Coping Skills
at Our Lady of Mercy CES



Hands-on Wellness Activities
at Sts. Peter and Paul CES

Parent survey

What's on your mind?



Tell us
here

Only 3 minutes to complete!



Student Information & Resources

February: A Month to Focus on Respect, Well-Being, and Awareness

February offers an opportunity to reflect on the importance of respect for others and ourselves. Balancing competing demands can be challenging for many students, affecting relationships and personal well-being. Taking time to invest in your mental and physical health is essential for overall wellness. If you feel that connecting with someone could help you manage your well-being, consider reaching out to a Youth Wellness Hub. These hubs provide high-quality, integrated services for youth aged 12 to 25, including mental health and substance use support, primary health care, and community resources.

Celebrating Black History Month

This February, we also celebrate Black History Month. Research says that Black youth often experience high levels of mental health concerns but face barriers in accessing support. School Mental Health Ontario has developed resources encouraging Black youth to embrace the practice of self-love. Benefits of self-love include increased resiliency, improved self-confidence, and greater happiness.

National Human Trafficking Awareness Day: February 22

February 22nd marks National Human Trafficking Awareness Day, a time to raise awareness about the prevalence and impact of human trafficking across local, provincial, and national levels. If you or someone you know may be affected, resources are available to help. The Canadian Human Trafficking Hotline is a valuable resource for support and information.



Youth Wellness Hubs



Wellness Posters for Black History Month and Beyond



Human Trafficking Support

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)
- 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)