

Thrive in Community

June 2025



Supporting Mental Health and Well-Being

June is a time for Fairness

June is dedicated to the Sacred Heart of Jesus. The Solemnity of the Sacred Heart of Jesus emphasizes God's mercy for us all and it is used as a constant reminder of the generous love of Jesus. June is also Indigenous People's Month and Pride Month. It is an invitation to think about the ways in which members of these communities have been, and continue to be, marginalized, and how we can address and respond in a caring and compassionate manner that is rooted in solidarity and centers human dignity. As we consider the virtue of fairness, let us be mindful that students learn behaviours from the adults in their lives. Our actions teach them how to treat others and how to view themselves. They pay attention to the things we condemn, the things we condone and the things we ignore. Let us be intentional in our acts of compassion and mercy towards others, as we prepare for the end of the school year.

Student Voice



Click here to check out more resources from the Champions



Prayer

Christ has no body now but yours;
 No hands, no feet on earth but yours.
 Yours are the eyes through which he looks
 With compassion on this world;
 Yours are the feet with which he walks to do good;
 Yours are the hands with which he blesses all the world.
 Christ has no body now on earth but yours.
 Prayer of St. Theresa of Avila



5 Tips for a Mentally Healthy Summer!

VIRTUE OF THE MONTH:
 FAIRNESS



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

During the month of June, students are preparing to end the school year. This is a month filled with excitement but also a time of anxiety as students are preparing for final assignments and assessments. Many students have an established system to help them manage their exam period. However, some students may require additional support. [The Exam Anxiety Workshop](#) is a video of Psychologist Barbara VanIngen, Counselling Psychologist from Concordia University. She provides strategies for students to help them deal with stress during the exam period.



The Exam Anxiety Workshop and Tips

Students are also excited to begin their summer. Summer break allows for a change of pace from a busy school year. They get the opportunity to spend extended time with family and friends, gain work/volunteer experience, or additional time to study. It also could be a time where students may find it hard to be away from their friends or struggle when they are away from their daily routine. If you have concerns about this change for your child, the [Circle of Support Pocket Book](#) provides some excellent resources and tips.



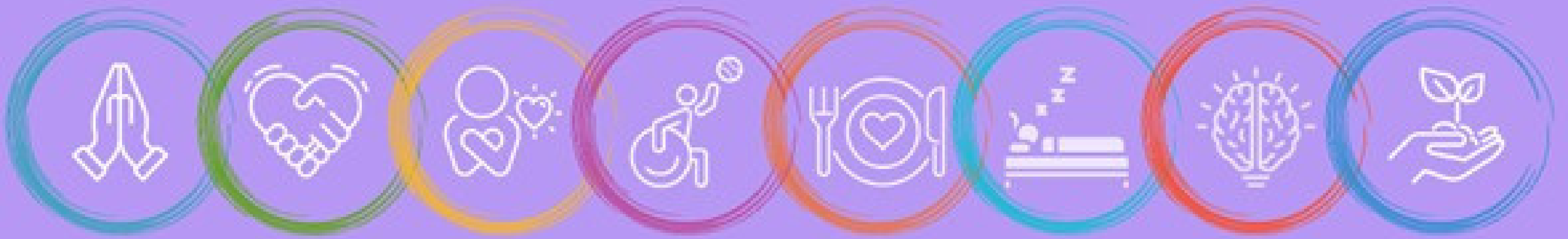
Circle of Support Pocket Book



Click on each icon to access more resources.



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

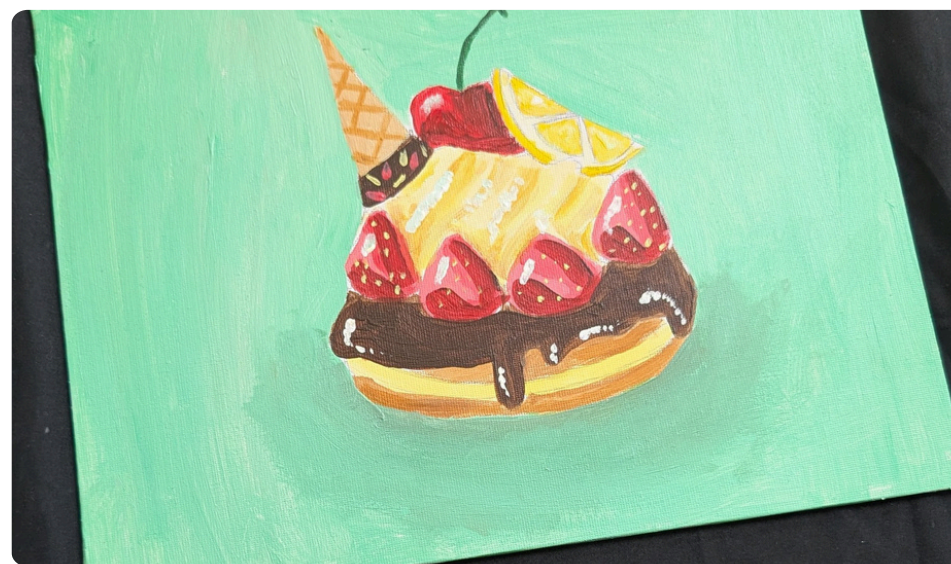


Well-Being in DPCDSB Schools

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



Mental Health Wellness Day at Sacred Heart CES



Art Battle for Mental Health and ShareLife at St. Joseph CSS



VIDEO CONTEST WINNERS!!!

WATCH VIDEO

First Prize - St. Nicholas CES



Mental Health Week at Cardinal Leger CSS



Wellness Warriors Lead Walk of Hope at Lester B Pearson CES



Second Prize - St. Edmund CES



Student Information & Resources

June is here and many students and their families are turning their minds toward summer break. A whole nine weeks off school may bring feelings of excitement and relaxation to some, but for others it may bring about worries about how to fill such a long stretch of unstructured time.

If you would like some ideas, please check out the [Dufferin Peel Catholic District School Board's Community Bulletin Board](#). You will find a number of community events, camps, volunteer opportunities, programs and recreational activities to help you plan an exciting summer break.

[The Canada Strong Pass](#) is a new initiative that provides youth ages 18 and under free or discounted access to a number of Canadian Museums, Galleries, National Parks and Via Rail Transportation from June until August.

The Well-Being Team understands that summer can also be a challenge for some youth. So, we want to remind you that if you are experiencing any challenges, please do not hesitate to reach out for support. Kids Help Phone's article, [Support for Mental Health During the Holidays](#) outlines reasons why students may experience challenges over the summer and some recommendations on how to care for your mental health.

Finally, in June we want to recognize Indigenous Peoples Month and Pride Month. Youth from some communities experience higher levels of mental health concerns. It is important they are able to find allies and identity-affirming mental health supports and spaces where they feel comfortable sharing their concerns and challenges while developing a positive sense of identity. [Youth Story: Coming to Terms with Myself](#), highlights one young person's journey toward self-love and positive self-identity.

BYE SCHOOL HELLO POOL

DPCDSB Community Bulletin Board



Canada Strong Pass



Support for Mental Health During the Holidays



Youth Story: Coming to Terms with Myself

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)
- 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)