

Thrive in Community

May 2025



Supporting Mental Health and Well-Being

May is a time for Acceptance

This May, we celebrate Catholic Education Week, where we are called to “fan the flame of hope that has been given to us” (Pope Francis). We also reflect on the virtue of acceptance, which aligns with the theme of Canadian Mental Health Week: “Unmasking Mental Health.” Acceptance is the ability to respect the dignity and rights of all people, even those whose beliefs and behaviours differ from our own. When we strive to love and respect people, we can encourage them to love and respect themselves, which can instill a sense of hope. We “look beyond the surface and see the whole person, and by embracing honesty and vulnerability, we open the door to deeper connections and the mental health benefits that come with it.” (Canadian Mental Health Association)

Student Voice



Click here to check out more resources from the Champions



[DP.Champions](https://www.instagram.com/DP.Champions)

Prayer

Good and gracious God,
Be with us as we journey together as Pilgrims of Hope and builders of peace.
Sowing seeds of faith, hope and love along the way.
Be with us as we journey.
Bless the path on which we travel and be our guiding light from above.
Help us treat each other as your beloved.
Let us honour human dignity as we welcome everyone into our communities with open hearts of love and kindness.
We ask this in Jesus' name.
Amen.

VIRTUE OF THE MONTH:
ACCEPTANCE



School Mental Health Ontario

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

During the month of May, we focus on the virtue of acceptance. This virtue encourages us to be open to the differences that may exist between ourselves and others. However, it is also important to practice acceptance of “self.” This month we encourage parents and caregivers to practice self-compassion and self-care. When we are open to accepting our full selves, we can reduce feelings of despair and increase feelings of mental wellness.

SMH-ON's Video - *Caring for Yourself While Caring for Others: A Parent's Guide to Self-Care*, provides parents information about the benefits of practicing self-compassion and self-care.

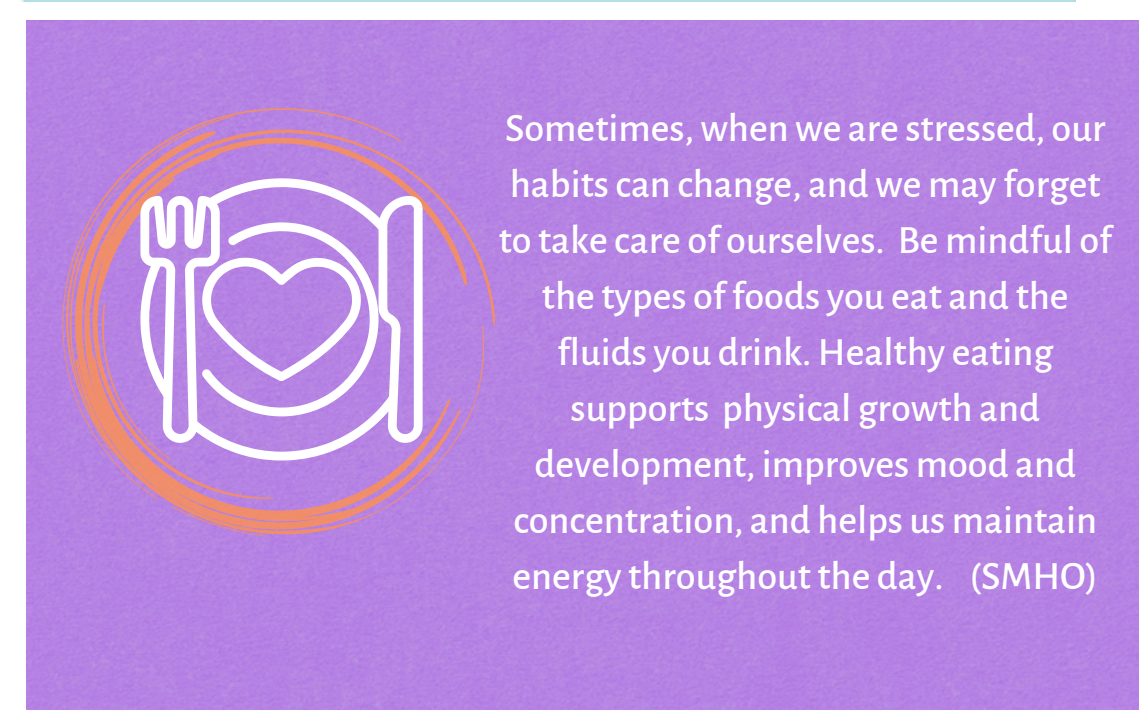
Practicing self-care can look different for everyone. The key is to find something that works best for you. It is also important for parents and caregivers to share these strategies with their children and youth because it helps to strengthen their resilience. SMH-ON's *Take Care of Yourself: Tip Sheet* can be helpful when developing a self-care plan.



Caring for Yourself While Caring for Others:
A Parent's Guide to Self-Care



Taking Care of Yourself: Tip Sheet



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

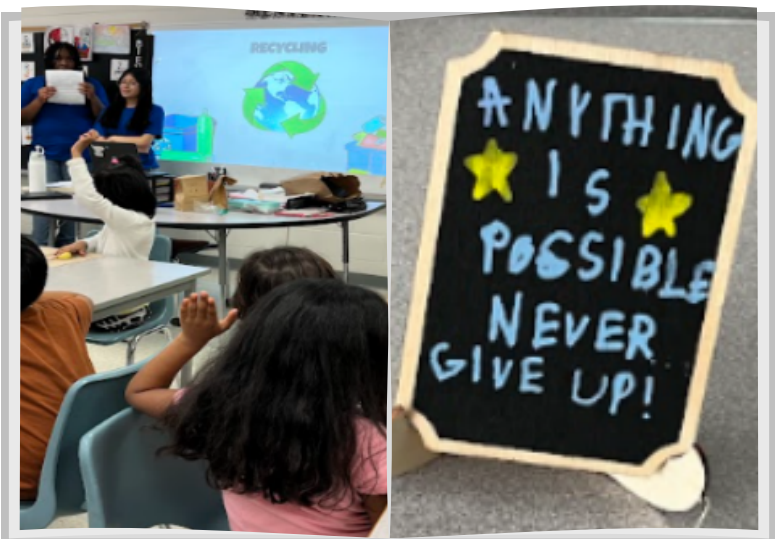
Click on the images to see how our schools promote wellness!



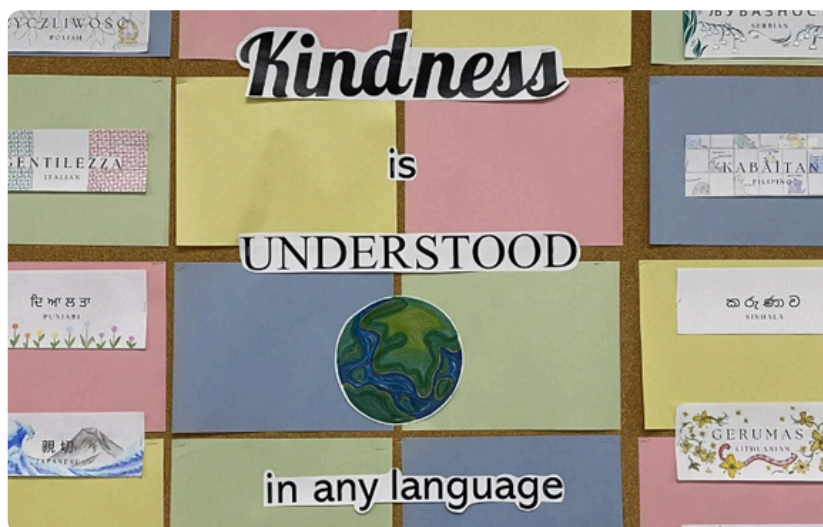
Wellness Workshops with YES4MH
at Ascension of our Lord CSS



Mental Health Workshops
at Father Daniel Zanon CES



Wellness Day at St. Julia CES



Many Languages of Kindness at Iona CSS

Coming Soon VIRTUAL PARENT/ CAREGIVER WORKSHOPS

PROVIDED BY ASSOCIATED
YOUTH SERVICES OF PEEL

CLICK HERE!



Student Information & Resources

During the month of May, we reflect on the virtue of acceptance. This is a time when we focus on respecting each other's differences, exercising a positive mindset, which helps us adapt to change and finally, allowing ourselves to embrace our own personal imperfections. Practicing acceptance helps us develop a healthy mindset and maintain good mental health. Below we have included three resources you may find helpful on your journey of well-being.

This spring and summer, [Everymind](#) is offering virtual workshops or in-person group sessions that youth may find helpful when experiencing challenges with poor mood or high levels of worry.

Kids Help Phone's article, [Ten Ways to Practice Self-Acceptance](#) provides helpful tips on how to maintain a positive sense of self and overall well-being.

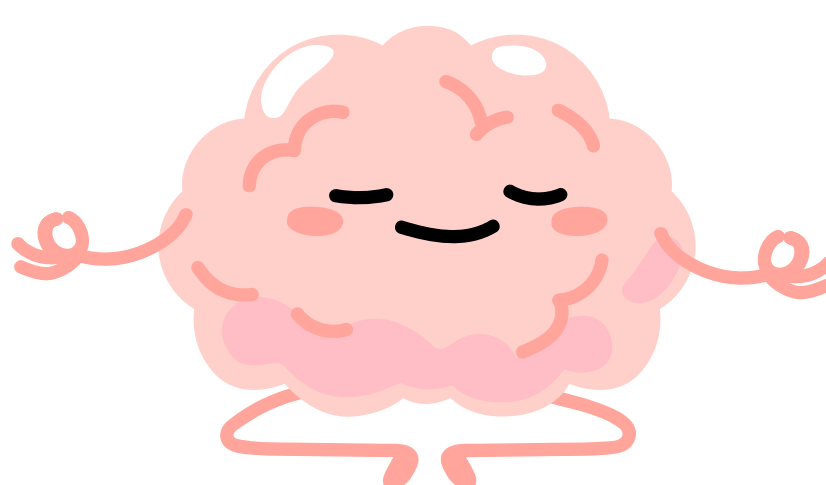
Finally, another helpful strategy to calm the busy mind is colouring. The [2025 Mindfulness Colouring Book](#) is a wonderful way for us to de-stress, reflect and express ourselves creatively. This colouring book coupled with inspiring phrases might be an activity you enjoy!



Everymind Child and Youth
Spring/Summer Workshops and
Groups



Ten Ways to Practice Self-Acceptance



2025 Mindfulness Colouring Book

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)