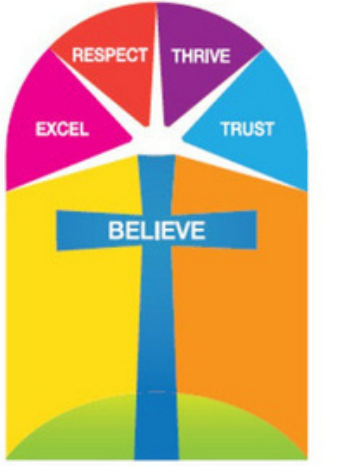




# Thrive in Community

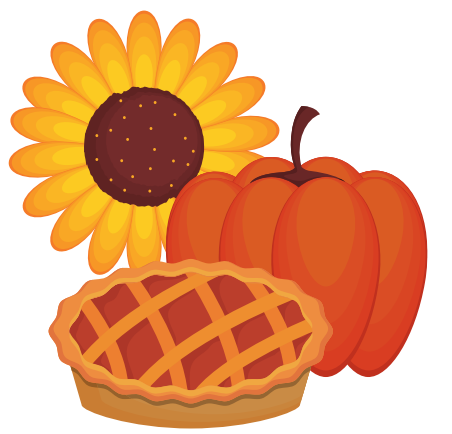
## October 2024

Supporting Mental Health and Well-Being



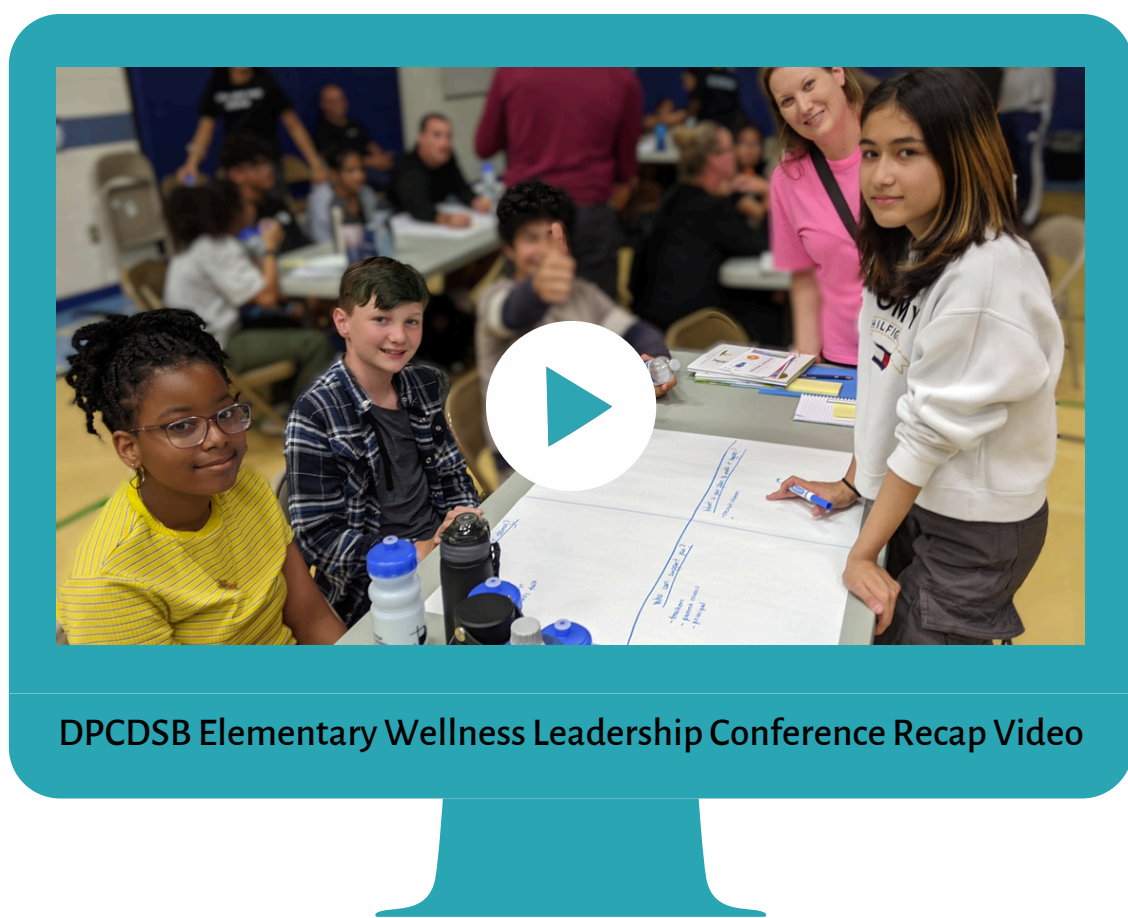
## October is a time for Empathy

God wants us to care about everyone's feelings. Empathy allows us to connect with one another and build healthy relationships by helping us understand others' perspectives. When we are connected to other people through healthy relationships, we can have more positive emotions such as happiness, and we feel more accepted by others. Emphasizing the importance of empathy in our community will help to foster an environment that is inclusive of others and compassionate. Watch the video below from the Elementary Mental Health and Well-Being Champions to see how they learned about the role of connection and empathy in wellness promotion.



*Gratitude isn't just  
for Thanksgiving Day.  
~ Here's Why*

Student Voice



DPCDSB Elementary Wellness Leadership Conference Recap Video



Click here to check out  
more resources from the  
Champions



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

## Prayer

Dear Lord, help me to stay connected. Help me to feel empathy, compassion and understanding for myself and others. Let me deepen my connection with you, depending on you in prayer, giving me strength and empowering me with your love, peace, hope and joy. We ask this in Jesus' name.

Amen.

VIRTUE OF THE MONTH:  
EMPATHY

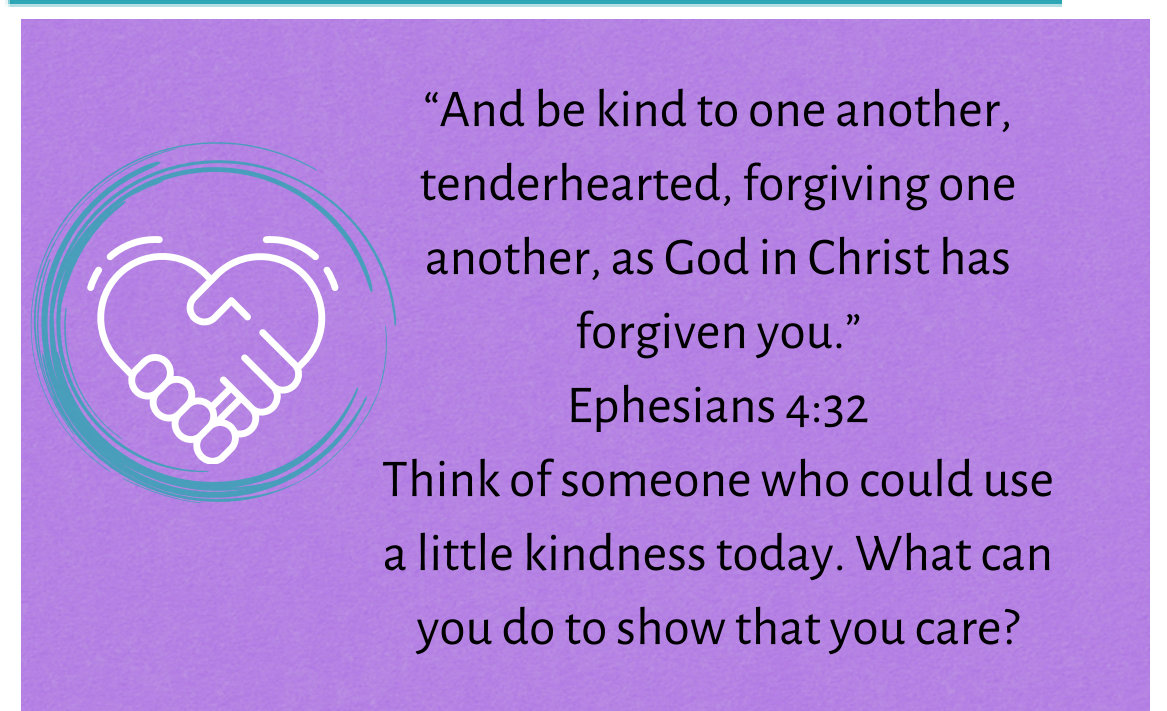
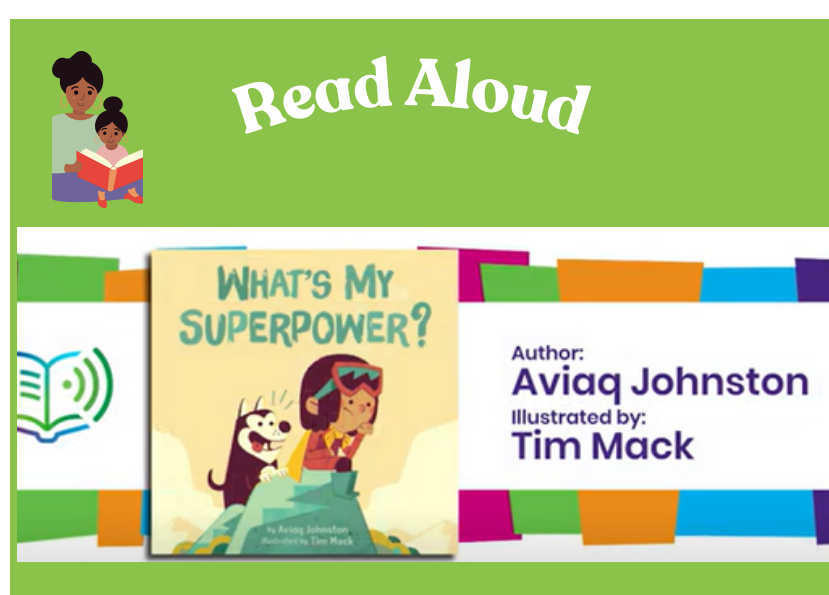


School  
Mental Health  
Ontario

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

School Mental Health Ontario tells us that developing empathy skills can help with conflict resolution and maintaining positive relationships. When students learn to put themselves in another's shoes, they can develop new and more compassionate perspectives. Try the [Pay it Forward](#) activity at school or home to help students build empathy and compassion by noticing good qualities in others and letting them know, so that people feel valued.

In the Elementary Wellness Leadership Conferences, we learned that we all have "Superpowers" that we can use to spread kindness and help others in our community. The story [What's My Superpower](#) shares this beautiful message about our unique gifts.

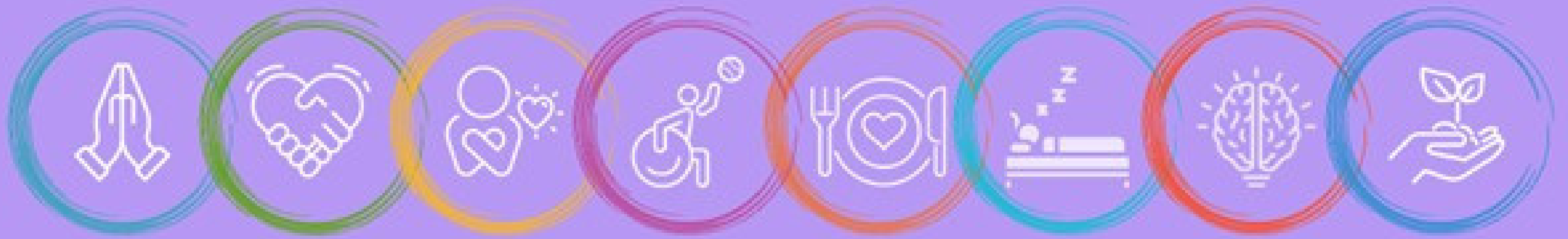


Click on each icon to access more resources.



*"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!



Positive Affirmation Stickers at St Gregory CES



Joy, Faith, and Play at the St. Michael CSS  
Grade 9 Orientation Day

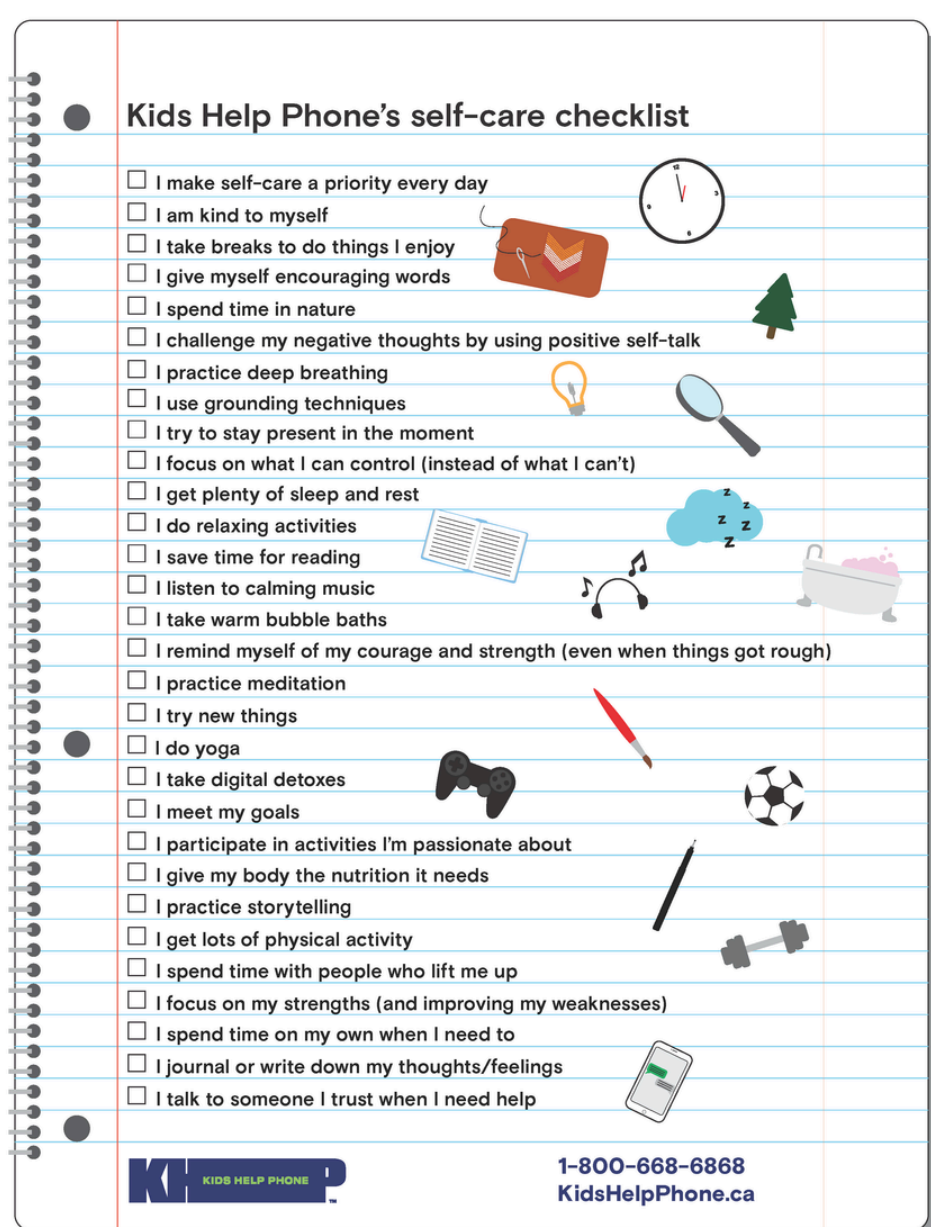


Grade 6/7 Reading Buddies at St. Mary CES

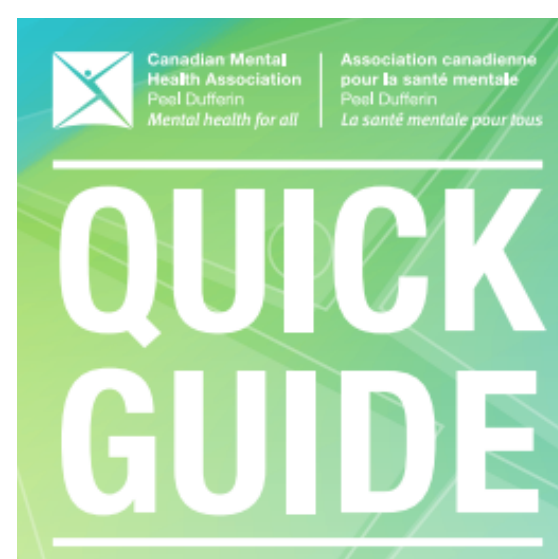


## Student Information & Resources

Be kind to others. Be kind to yourself. Incorporating good habits, like practicing self-care, are important to help students manage any challenges that may come their way at school or in daily life. The [Self-Care Checklist](#) from Kids Help Phone offers several ideas for ways that anyone can practice self-care and promote wellness in their lives. If self-care is not enough and you need more help, check out the [Quick Guide](#) below for free mental health support in your area.



[Downloadable PDF](#)



[English](#)



[Multiple Languages](#)

### 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](http://www.blackyouth.ca))
- LGBT2Q+ Youth Line: 1-800-268-9688 (website: [www.youthline.ca](http://www.youthline.ca))
- Naseeha Mental Health Hotline for Muslim Individuals: 1-866-NASEEHA (627-3342) (website: [www.naseeha.org](http://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](http://onestoptalk.ca) and click "start the conversation."

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