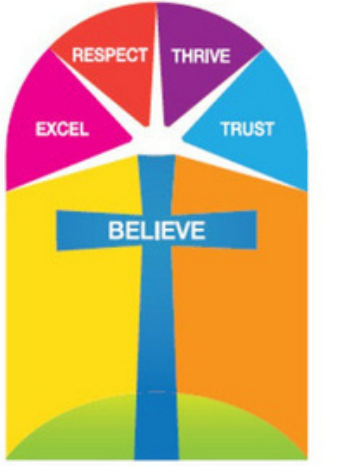




Thrive in Community

December 2023

Supporting Mental Health and Well-Being



December is a time for Hope

Hope is believing that good things will happen, and your goals will be achieved. This month, as we celebrate the virtue of hope, and as we wait and prepare for the Nativity of Jesus Christ at Christmas, let us keep our hopes and dreams, and the hopes and dreams of others, in mind. Science tells us that people who practice hope live happier lives and enjoy better physical and mental health. December is a good time to reflect on how we engaged with our goals over the past year and what new goals we have for the upcoming year. Creating goals gives us something to strive towards, and hope keeps us going when things get tough. If you are looking for ways to practice hope and kindness, consider using the ideas in this [Christmas Gratitude Scavenger Hunt!](#)



Student Voice



Pauline Vanier's Wellness Warriors

Click here to check out more resources from the Champions



[DP.Champions](#)

Prayer

Loving God,

We enter this Advent season with hearts full of hope. In this time of preparation and planning, we thank you for the hope, peace, joy and love you unfailingly offer us.

Let our lives be inspired by the power of hope as we welcome Jesus into our hearts once again.

Prepare our hearts to be transformed by your joy, that we may walk in the peace and light of Christ as people of hope.

Amen.



VIRTUE OF THE MONTH: HOPE



School Mental Health Ontario

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

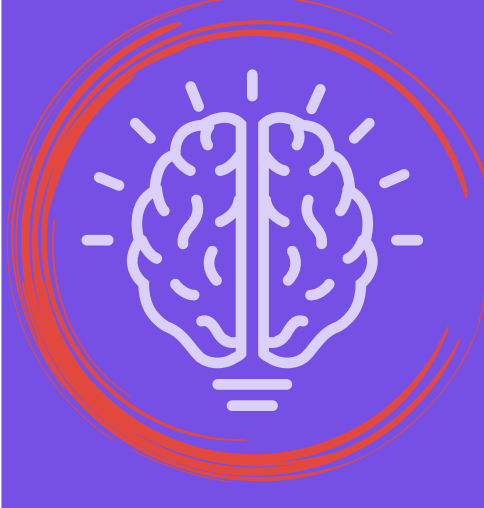
December can be filled with many things that keep us busy. We might be excited about the prospect of snow and outdoor activities, there are holidays around the corner, and the promise of a new year filled with hope. While these can be wonderful things to look forward to, December is also a time to reflect on how we have spent the past year. [Sweetest Kulu](#) is a read aloud Inuktituk poem that reminds us of the gifts we are born with. Reading or listening to this story is a great way to celebrate each person's gifts. The [Inspirational Snowfall](#) activity encourages us to share affirmations and encourages a positive outlook to take us into 2024.



School Mental Health Ontario Read Aloud
~Sweetest Kulu~



~Inspirational Ornaments~
Write messages of hope on homemade tree ornament shapes with students.



Hope keeps us moving forward. It promotes action and change, and is a protective factor when we feel challenged by obstacles in our paths. If we get distracted from our goals, meditation or prayer is a way to refocus our energy, nourish our minds and look ahead to the future and the positives in our lives.



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

Take a look at the wellness initiatives happening in our schools!

Click on the photos for details



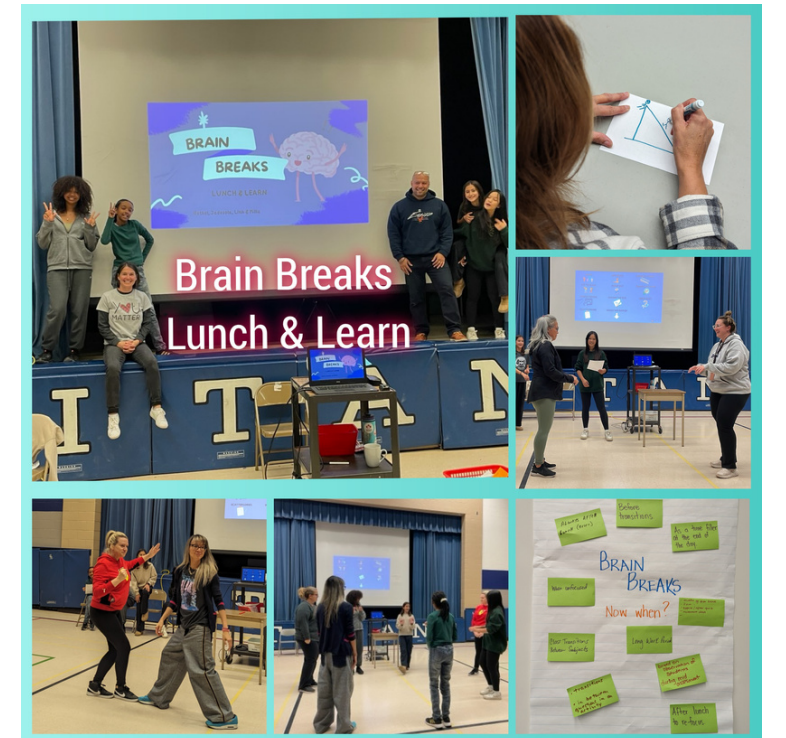
Sharing the value of one another at St. Christopher



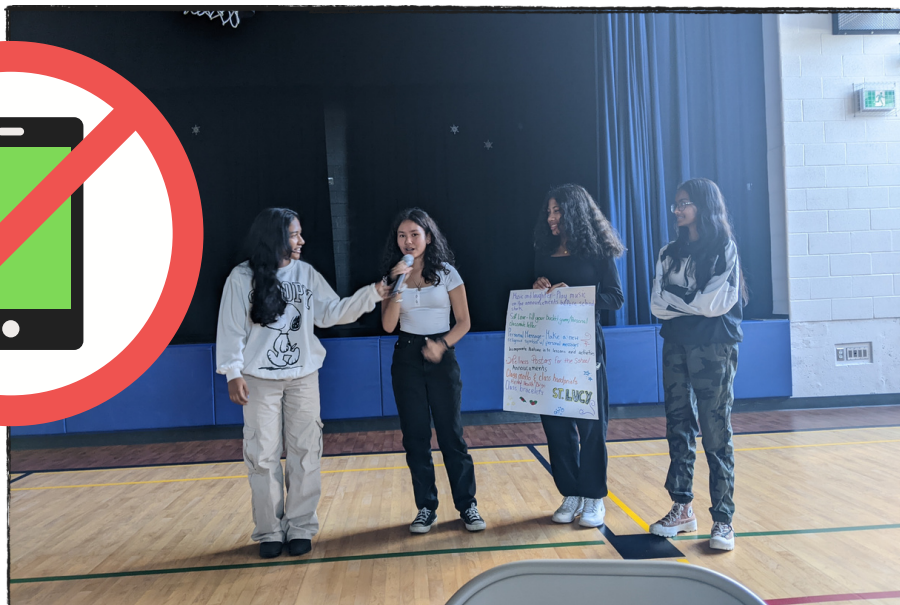
SPREADING KINDNESS EVERYDAY



Spreading Kindness at St. Cornelius



Wellness Leaders at St. Timothy host Brain Breaks



Digital Detox Ideas from St. Lucy and Kids Help Phone



St. Isaac Jogues Wellness Leaders running activities for Bullying Awareness Week



St Gregory Wellness Leaders reading *Say Something* to all classrooms for Bullying Awareness Week.



Taking a stand against bullying at St. Roch.



Student Information & Resources



This December we are sharing some resources on how you can look after yourself and maintain a positive outlook. The [SelfCare](#) resource from School Mental Health Ontario has ideas on things you can do over the winter break to take care of your wellbeing. One way to practice gratitude is to intentionally notice and reflect on the things that bring us joy. You can do this by regularly using a daily or weekly journal. [Kids Help Phone](#) has ideas and examples of different styles of journals you can keep. We have included two examples here, and you can find more [online](#). Which one/s would you like to try?

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

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