

Mental Health Week

Celebrate You: Building Confidence, Connection & Wellness

May 6- May 10, 2019



Celebrate You: MHW Events @ Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Come for a guided tour of Goodlife! (Fitness Centre) Tour 1: 12- 12:30 Tour 2: 12:30 -1:00</p> <p>Dodgeball Pick up (Gym 2)</p> <p>MHW Photos Booth (We will find you!)</p>	<p>Come for a guided tour of Goodlife! (Fitness Centre) Tour 1: 12 - 12:30 Tour 2: 12:30 -1:00</p> <p>Volleyball Pick up (Gym 2)</p> <p>Stress Balls & Play-doh (Cafeteria)</p> <p>Come meet Bear, the Therapy Dog! (Guidance Office)</p>	<p>Gratuity Wall- Come and show what you are grateful for! (Cafeteria)</p> <p>Dodgeball Open gym/ pick up (Gym 2)</p> <p>Come meet a Hanny and Finnigan, the Therapy Dogs! (Library Seminar Room)</p>	<p>Basketball Open gym/ pick up (Gym 2)</p> <p>Stress Balls & Play-doh (Cafeteria)</p>	<p>Free energy Boost Smoothie Samples (Room 302)</p> <p>Dodgeball Open gym/ pick up (Gym 2)</p> <p>Come learn the art of Henna! (Cafeteria)</p>

Celebrate You: MHW After School Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p data-bbox="185 511 411 585">Yoga Nidra (Fitness Centre)</p>	<p data-bbox="533 511 730 585">Joga (Gym 1 Stage)</p>	<p data-bbox="846 642 1087 762">Physical Activity 3:30 (Fitness Centre)</p>	<p data-bbox="1199 511 1396 585">Joga (Gym 1 Stage)</p> <p data-bbox="1186 642 1410 762">Nature Walk 11:50 (Fitness Centre)</p>	

Celebrate You: MHW No Tech Period!



When?

Tuesday, May 7th (PERIOD 1)

Why?

Young canadian adults spend an average of 3.2 hours a day on their mobile devices, which is equivalent to almost a whole day out of a week.

How?

It's EASY! Hand in your phone to your Period 1 Teacher and receive a Ticket.

Submit your tickets for a chance to win a **PRIZE!**

Celebrate You: MHW Classroom Sessions

Monday

- **Thrive in the Workplace: Equipping youth with tools for dealing with difficult situations, self-care and wellness.**

Presenters: Samantha Pascoal, Career Education Council

Tuesday, Wednesday, Thursday, Friday

- **Understanding Consent and Healthy Relationships**

Presenters: Glenna Rogers, Betty Slack

Celebrate You: MHW Classroom Sessions

Thursday

- **When Gaming Meets Gambling: Presentation on gambling and gaming addiction in youth today.**
Presenter: Katie Spears

Friday

- **The Art of Managing Stress: Workshop about stress/anxiety reduction, including some causes and effects, and techniques and tips to help you to not only manage your stress, but provide the tools to build up your own skills to become resilient to these pressures while looking forward in a positive way**
Presenter: Jessica Schumacher

Mental Health Week

Celebrate You: Building Confidence, Connection & Wellness

Social Media:

#mentalhealth

#cmha

#ugdsb

#InWithTheBlue

#MHUG

#ugdsb_mental_health

#GetLoud



Celebrate You: MHW Social Media Contest

We want to know how your school is celebrating Child and Youth Mental Health Week. Enter our Social Media Contest to share your story.

All you have to do is **Take a picture** of **your class** or **school participating** in **Child and Youth Mental Health Week** and post it to **Twitter** using the **hashtag #MHUG** for a chance to **WIN a \$100** Chapters gift card for your school.

