

UGDSB Summer Wellness Opportunities

Summer Stress Buster Camp

[This is where you register](#) for the summer stress busters camp for UGDSB students aged 8-12 years. This program will run Tuesdays and Thursdays from 4:00-5:00 starting July 6th. This is a FREE program but there is limited space so register soon if you are interested. See [flyer for additional information](#).

Caregiver Support Circle Peer Group

This safe, confidential circle will take place virtually on Wednesdays from 7:00-8:00 on Zoom. There is no cost for this 8 week program which starts July 5 and continues through August 23. If you are interested in attending please complete this short survey and someone will be in touch with the zoom link. NOTE: originally this was a female identified caregiver group but after consultation we felt this was not inclusive language so are creating a single caregiver support circle for all who would like to participate.

See [flyer for additional information](#).
[Register here.](#)

Caregiver SafeTALK training

We are pleased to offer UGDSB caregivers this opportunity to take a 1/2 day suicide awareness and prevention training designed by LivingWorks and delivered by trained facilitators. There is limited space so please sign up only if you can commit to the time. If you would like more information on the program please go to www.livingworks.net/safetalk. NOTE: this training is in person and will meet all and any guidelines for COVID health and safety including the requirement to wear a mask. See flyer for [additional information](#).

[Register here.](#)

Living Life to the Full (age 13+)

12 HOURS THAT CAN CHANGE YOUR LIFE

Want to feel happier, have more energy, gain confidence, enjoy better relationships, feel less stressed and develop skills to deal with life's challenges?

BROUGHT TO YOU BY: CMHA Waterloo Wellington

DATES :

Tuesdays and Thursdays from 2:30 - 4pm

Starting July 6, ending July 29

COST:

Exclusive and free for students in Grades 8 - 12+ at UGDSB or WCDSB

WHERE: ZOOM in from wherever you are!

See [flyer for additional information](#).
[Register here.](#)