

You are invited to

## Ponsonby P.S. Mental Health Awareness Day

Saturday March 23, 2019 9:30 – 11:30 AM

Mental health is important at every stage of life, including for children and adolescents. It is a huge factor in our overall well-being. Mental health affects how we think, feel, and act. Taking care of our mental health is just as important as taking care of our physical health. For all of us, life is full of highs and lows. Learning tools from an early age to be aware of and cope with big emotions can help children and adolescents with life's transitions, changes, and stressors as they develop and grow.

It is our goal at Ponsonby P.S. to give students the tools they may require in order for them to reach their full potential. Parent Council has come together with clinicians from Insight Psychology (Guelph) to bring our school a morning full of hands-on activities for students and their families to participate in together that give an introduction to some practical strategies to cope with emotions. At each station, families will learn a coping strategy, why it is effective, receive relevant resources, and have opportunities to troubleshoot how to use that strategy at home. This workshop is appropriate for students from Grades K-6. It is also appropriate for families who have current concerns related to mental health, as well as for families who don't have concerns, but are just interested in learning more about developmentally appropriate language and strategies to use with children in regards to emotions and mental health.

Thank you to the Ministry of Education for supplying the grant money to make this day possible.

**RSVP is required for this event.** Please return the slip below to your teacher before Feb. 28, 2019. Thank you! Hope to see you there.

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We will attend PPS Mental Health Awareness Day on March 23, 2019

School name \_\_\_\_\_

Name/Grade of attendees \_\_\_\_\_

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\*\* Childcare won't be provided, but you are welcome to have younger children with you at your discretion.