

TOGETHER IN THE VALLEY

June 2021

Starting July 2, our TVDSB Cares Team of School Mental Health Professionals are available Monday - Friday, 9am and 4pm (weekends and holidays excluded) to support students and families. Reach us by phone at 548-486-5188 or email at tvdsbcares@tvdsb.ca



Families continue to do the best they can. We thank you for the support, care, and commitment you've shown for yourself and your child's education throughout the school year!

Together in the Valley is spotlighting gratitude and celebrating the simple things daily as this school year nears the end. Accomplishing a small something every day is a win.

Let's celebrate each other and continue to make our way together through the summer months!

GRATITUDE.

Viewing our surroundings and relationships through a lens of gratitude can help us notice and appreciate the positives in life, even when facing a challenge (www.smho-smsa.ca).

"My socks may not match, but my feet are always warm."
- Maureen McCullough



Try journaling things you're grateful for a few days a week

Activities for all ages to stay connected with friends and family:

- Bake or cook something
- Plant a container garden
- Play Kahoot <https://kahoot.com/home>
- Plan a scavenger hunt
- Meet for a hike that you haven't tried before



Mental Health Resources

www.TVDSB.ca

www.mindyourmind.ca

www.jack.org

School Mental Health Ontario

Community Resources

If there is a mental health emergency, please visit your local Hospital Emergency Department or call 911

Kids Help Phone: 24/7 crisis support: 1-800-668-6868, text 686868, www.kidshelpphone.ca for web chat

CMHA: (24/7 Walk in support): 648 Huron St. in London (London/Middlesex), 16 yrs +

Wellkin Child & Youth Mental Wellness: 1-877-539-0463 (Oxford/Elgin)

Reach Out Crisis Support: (519) 433-2023 or 1-866-933-2023, www.reachout247.ca for web chat

Tandem: formerly Crisis Intake Team (CIT): 519-433-0334 (London/Middlesex), 0-18 years and caregivers

Underlined text is a hyperlink to more information

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Summer Break Bingo!

 <p>Celebrate simple things</p>	 <p>Grow a little garden</p>	 <p>inhale...2..3..4 hold...2..3..4 breathe exhale...2..3..4 hold...2..3..4</p>	 <p>Compile mood boosting playlist</p>	 <p>Learn a new skill</p>
 <p>Challenge negative thoughts</p>	 <p>Unplug from technology</p>	 <p>Plan a games night</p>	 <p>SPEND TIME IN NATURE</p>	 <p>Practice speaking to yourself with kindness & respect</p>
 <p>Star Gaze</p>	 <p>Declutter a room</p>	 <p>Give yourself a compliment</p>	 <p>Try a new recipe</p>	 <p>Ask for help</p>
 <p>JOURNAL: FEELINGS THOUGHTS DREAMS AFFIRMATIONS</p>	 <p>LAUGH</p>	 <p>Stay hydrated all day</p>	 <p>Draw, paint, colour or doodle</p>	 <p>Mail a card or letter to someone you care about</p>
 <p>Connect with loved ones via text, phone</p>	 <p>Make a bucket list</p>	 <p>PRACTICE YOGA</p>	 <p>Try something new</p>	 <p>Listen to a podcast</p>

*Your physical and mental health is important!
Please take care of yourself and each other!*