



Stronger Together

Parkland School Division Family Supports Newsletter April 20, 2021



Dear parents and caregivers,

Just like our physical health we need to take care of our mental health. Someone can be diagnosed with mental illness, like anxiety or ADHD, and if it is managed well can have positive mental health. Mental health issues are really common, 1 in 5 people have a mental health concern. It is important to reach out for help if you think someone in your family is struggling.

Take care, Vicky Mamczasz -Family Support Facilitator, Dena Davis- Sunrise Supports Program Liaison

Mental health: What is it, really? **cmha.ca/blogs/mental-health-what-is-it-really**



When you hear the words “mental health,” what’s the first thing that comes to mind? Is it depression? Psychiatry? Disability? Is it, in fact, “mental illness” that you think of? Many people use the terms “mental health” and “mental illness” interchangeably, when really, they mean different things. Mental illnesses are described as disturbances in thoughts, feelings, and perceptions that are severe enough to affect day-to-day functioning.[1] Some examples are anxiety disorders, schizophrenia, and mood disorders, such as major depressive disorder and bipolar disorder. Mental health, however, is a state of well-being, and we all have it. Just like we each have a state of physical health, we also each have our mental health to look after. It’s not just about surviving, it’s about thriving. It’s enjoying life, having a sense of purpose, and being able to manage life’s highs and lows.

One in five people in Canada will experience a mental health problem or illness in any given year. But five in five of us have mental health. Mental health isn’t simply the absence of mental illness and living with a mental illness doesn’t mean you can’t have good mental health. Just like someone with diabetes, for example, can live a healthy life, so can somebody with a mental illness. And even if you don’t have a mental illness, that doesn’t mean you’ll feel great all the time. You might experience stress, a difficult life event, or burnout. Just like anyone can catch a cold or flu, everyone can experience the ebbs and flow of well-being. So, there’s not just the one in five of us who have mental illnesses, and “the rest of us” who don’t. There is no rest of us. There is just us—all five in five. We are all on the same team. What good mental health looks like: Good mental health might look different from one person to another.

But there are six common factors of well-being that we see across different descriptions and definitions from across Canada and around the world.

Good mental health includes:

- | | |
|--------------------------------|--------------------------------|
| 1. A sense of purpose | 4. Having a good sense of self |
| 2. Strong relationships | 5. Coping with stress |
| 3. Feeling connected to others | 6. Enjoying life |

We’re all in it together. Achieving and maintaining good mental health isn’t a one-person journey. In fact, each setting and situation you’re in, and each person you interact with, can impact your wellbeing. This means that to truly achieve good mental health for all, it must be a common theme in every workplace, school and neighbourhood. In order to achieve well-being for all, mental health must be the lifeblood running through the veins at all levels of community.

[1] Quick Facts: Mental Illness & Addiction in Canada. Mood Disorders Society of Canada

Mental Health Awareness Week is May 3-9, 2021

Check out the tool kit at <https://mentalhealthweek.ca/>



Family Tips for supporting Family Mental Health with Joel Pukalo - Family Life Psychology - Stony Plain 780-963-7451

- Free online webinars
- Low cost counselling for children and adults

Mental health awareness helps reduce stigma and increases our understanding of mental health difficulties. Mental health can be compared to the dimmer switch for lights in my house.

- A negative and unsupportive environment lowers our mental health and increases symptoms related to a mental illness.
- A positive and supportive environment increases our mental health and lowers symptoms related to mental illness.
- individuals diagnosed with a mental illness may require ongoing medical support to effectively manage symptoms.
- The majority of individuals without a significant mental health disorder can effectively manage their mental health with wellness principles. However, in difficult or stressful seasons medical supports can be helpful if we notice an increase of mental health symptoms that are difficult to manage on our own.

Whether an individual experiences mild symptoms of anxiety or has been diagnosed with a serious mental health condition, developing a practical game plan to support each dimension of personal wellness is likely to alleviate symptoms and support effective coping. Developing a wellness game plan in the following seven areas helps create a positive and supportive environment to increase our mental health.

Connected Living: 7 Pillars of Personal Wellness



I like to keep things practical. Our world is filled with a plethora of information about a given topic. For example, there is enough information about eating healthy and exercise that should compel all of us to be physically healthy. Unfortunately, there is often a disconnect between information and application. Most of us have enough information in all seven pillars of wellness to live in health. Learning information is easy. Applying information into our daily life to create lasting change is challenging. Many of us have developed new year's resolutions to exercise more or eat less. But willpower and good ideas do not bring lasting change. We need a practical game plan and accountability mechanisms to check in with ourselves and keep us on track.

Although change seems difficult it's actually very simple. Change begins with a choice today that changes my trajectory for tomorrow. For example, a few years ago I was upset about my weight, so I decided to make some lifestyle changes to bring about change in my life. My change process started off well. Unfortunately, my change actions did not last long. I exercised sporadically for a few weeks and managed to maintain a healthier diet for a few months. Although I experienced momentary change, without daily action I experienced regress instead of progress. I think this is where most of us get stuck. We've all tried dieting, exercising, or other programs to improve our physical appearance. Many of our change aspirations don't stick because we often focus only on one dimension of health instead of a holistic wellness approach.

Let's start small today

- Pick one or two pillars of wellness to grow in this week.
- Set one specific goal for yourself and reach out to a friend who can cheer you on and keep you accountable.

Wellness is a daily journey of **intentionally making small choices** to improve our wellness and live in a great place of health.

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How do we help our families stay mentally healthy?

- Exercise
- Get outside
- Eat well
- Sleep
- Focus on your child's strengths
- Help your child to manage their emotions
- Establish healthy relationships - communicate
- Stay connected
- Find time for fun, especially in challenging situations.



If you think your child or someone in your family is struggling, seek help. Prevention and early intervention prevents more serious, life-long issues.



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Want to talk with your family about emotions and well being? Try watching Inside Out together and follow it up with a family discussion.

Here is some sunshine for your day.

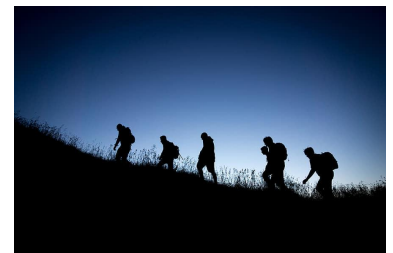
[P!nk, Willow Sage Hart - Cover Me In Sunshine \(Official Video\)](#)



Parkland County Trails

One great way to support family mental health is to get outside and get moving. [Discover Parkland](#) is an online, interactive map where you can find trails and create your own maps. Select "Go To Area of Interest" from the "I want to" drop-down menu.

Parkland County Trails Map



<https://www.parklandcounty.com/en/live-and-play/Parks-Trails-and-Natural-Areas.aspx>

[Activities to support family mental health](#) (Hamilton, CMHA)

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You're not alone

The COVID-19 pandemic has caused stress and uncertainty for so many of us. Whatever you're going through, we're here to provide mental health and substance use support. Get started by finding resources below, or create an account to track your progress.

About Wellness Together Canada →

- ✓ Free mental health and substance use support
- ✓ Completely private and confidential
- ✓ Available 24/7 to people in Canada and Canadians abroad
- ✓ Keep track of your wellness journey by creating an account

Start your wellness journey today

Not sure where to start?

Contact a program navigator

[Wellness Together Canada | Home](#)

MORE MENTAL HEALTH WEEK ACTIVITIES FOR YOUR FAMILY

Positive Mental Health Tips

Keep these in a mason jar in your house for you and your child(ren) to pick up when you feel like you need them.

- Exercise – But something you enjoy!
- Read something you enjoy.
- Collect positive moments – text messages, emails, voice mails, pictures anything that made you feel happy (save them).
- Create a To-Do List instead of a To-Do List.
- Focus on one thing at a time.
- Do something fun.
- Find humour.
- Talk to a Friend.
- Pet an animal.
- Ask for a Hug.
- Eat something yummy.
- Listen to music – whatever you like.
- Try to be grateful instead of feeling guilty.
- Take a Mental Health Day.
- Spend 20 minutes a day on you!
- Set reasonable goals.
- Keep a gratitude journal.
- Write down one good thing that happened today.
- Find a new recipe to try out.
- Call a friend or a family member who makes you happy.
- Do something kind for someone else.
- Go for a walk around your neighbourhood.
- Take a few deep breaths.
- Write down a list of all the things that make you happy.



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Strong Families Series: Mental Health Awareness



In celebration of **Mental Health Awareness Week**, Parkland School Division is proud to partner with Alberta Parenting For The Future to present another FREE information session for local families.

In our upcoming Strong Families session, Jennie McLester of Alberta Health Services will offer families valuable information about mental health, how it influences our lives, our families and our communities, and how it differs from mental health disorders. She will also share practical tips for improving mental wellness, and highlight the various services and resources available to community members who are seeking help or wish to learn more.

Date: Tuesday, May 4, 2021

Time: 6:30-8pm

Location: [Online Zoom Webinar / Discussion Group](#)

Presenters: Jennie McLester ([Alberta Health Services Youth Stabilization Program Supervisor](#))

Mental illness affects all people of all ages and backgrounds: either directly, or indirectly through the personal relationships we forge with others. In an average year, 1 in 5 Canadians will experience a mental health problem or illness - and as we all know, this has been anything but an average year. While maintaining good mental health is just as important as maintaining good physical health, and mental illnesses can be treated effectively, stigma against those living with mental illness still exists, and almost half of those who feel they have suffered from anxiety or depression have never sought professional help (Source: [Canadian Mental Health Association](#)).

For all these reasons and more, it is vital to raise awareness about the importance of mental health, focus on maintaining or improving our mental wellness, recognize possible signs of mental illness in ourselves and others, and know where to seek out help in our community. Interested? Join us for *Strong Families: Mental Health Awareness*.

Please register early to reserve your spot by visiting

<https://www.eventbrite.ca/e/strong-families-series-mental-health-awareness-registration-150623534045>.

For more information, please contact:

Vicky Mamczasz Family Supports Facilitator

Email: vmamczasz@psd70.ab.ca

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Strong Families: Why Won't My Child Eat?

Parkland School Division is proud to partner with Alberta Parenting For The Future to present another FREE information session for local families.

In our upcoming Strong Families session, pediatric occupational therapist Tracey Urquhart will offer families valuable information about the eating habits of children, and ways to tell if their food fussiness is a normal response, or a sign of something more serious, such as an eating disorder. In addition, Tracey will offer participants practical tips for managing any stressful situations that may arise at mealtime, including picky eating, tantrums, sensory issues and food avoidance.

Date: **Tuesday, May 18, 2021**

Time: **6-8pm**

Location: [Online Zoom Webinar / Discussion Group](#)

Presenter: **Tracey Urquhart, Pediatric Occupational Therapist**

Does mealtime in your household stress you out? Is catering to your child's ever-evolving food preferences (or lack thereof) exhausting? Are you getting worried about your child's food intake?

You may have heard that picky eating is just a normal part of childhood, and if you leave your child be, they'll grow out of it. Unfortunately, picky eating is anything but a simple problem, as it can be a sign of a number of issues, including potential eating disorders.

This session will help you uncover the root of your child's picky eating, addressing common mealtime conflicts and providing means to manage them. You will also learn how to spot signs of more significant eating issues in children, and what you can do to seek help. Join us to learn some useful strategies to help you guide your child towards enjoying a more varied, healthy diet.



Please register early to reserve your spot by visiting

<https://www.eventbrite.ca/e/strongfamilies-series-why-wont-my-child-eat-registration-150792704037>.

For more information, please contact:

Vicky Mamczasz Family Supports Facilitator

Email: vmamczasz@psd70.ab.ca

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Healthy Together


An innovative family education model for children in grades 7,8,9 to promote and support healthy lifestyles. The program involves a series of aged -based, group learning sessions that focus on healthy eating, physical activity, community engagement and offers children easy to use tools to support healthy lifestyle choices.

Here is the link to register

<https://www.eventbrite.ca/e/healthy-together-registration-150788980901>



STONY PLAIN FCSS
YOUTH CENTRE



@spyouthcentre
SPYOUTHCENTRE

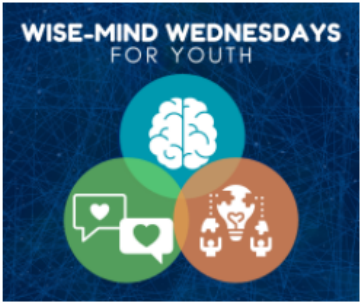
If you are or you know a youth in need of a pick me up, why not contact the Stony Plain Youth Centre and find out more about our comfort box porch drop offs? Or maybe you're running low on things like soap and shampoo? Message us directly via Facebook or Instagram, for a hygiene kit (courtesy of WE CARE) dropped off right at your door, no questions asked. We look forward to adding some outdoor programming once the weather warms up and we are safe to do so. In the meantime we will continue to offer weekly games, challenges and opportunities through our 'Virtual Youth Centre'.

Follow us on Instagram, Facebook or Snapchat to stay in the loop!

Additionally, we are beyond excited to announce the start of a collaborative program aptly named 'Wise-Mind Wednesdays'.

Created in partnership with Spruce Grove FCSS and Parkland County, the goal is to provide a consistent time and place for youth to access safe adults and tackle topics such as 'Understanding Stress', 'Setting Boundaries' and 'Navigating Change & Loss'.

Who: Youth aged 11-18 years old
When: Every Wednesday from March 24 - May 12, 4:00-5:30PM
Where: Offered virtually via Zoom-registration is required! Once registered, you will have access to all Wise-Mind Wednesdays programs.
Registration: [here](#)



WISE-MIND WEDNESDAYS
FOR YOUTH

https://ca.apm.activecommunities.com/cityofsprucegrove/Activity_Search

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LD Association Edmonton - Monthly Virtual Parent Support Groups

Join us for our parent support group running every fourth Wednesday of the month from 7:00pm until 8:30pm. Next group is April 28, 2021. Register by emailing info@ldedmonton.com for the Zoom Link.

Support Group Topics

April 28, 2021 - Transitioning to Adulthood

May 26, 2021 - Helping Struggling Reader at Home



Girl Guides of Canada

Have you heard about our exclusive offer? For a limited time, we're inviting girls across Canada to try Girl Guides for free!

Your daughter can experience the endless fun, exciting activities and amazing connections Guiding offers at no cost to you!

Try Now, Join Later is open to girls 5-17 years old who are not currently members. It's the perfect opportunity to discover the world of Girl Guides and get early access to register for next year.

Sign up for free today: <https://bit.ly/3sVMGPv>

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Online Resources

www.kidshelpphone.ca

Teenmentalhealth.org

www.kidshealth.org

www.mindyourmind.ca

www.parenthelpline.ca

www.voomagazine.net

Reach out for support...

Youth Mental Health (Westview Primary Care Network) - call in for an appointment - 780-960 - 9533 ext 221
Community Connector - Simonne Massner - 780-217-4146 Stony Plain and Prab Gill - Spruce Grove and Greater
Parkland area 780-217-8701

Youth Mental Health - Northgate Walk In Clinic (AHS - now call in or virtual appointment) 780-342-2700

MOBILE/AFTERHOURS CRISIS TEAM: 780-407-1000

Mobile Addictions Support - Lisa Kimmerly - 780-868-1895

Parenting support (APFA) - Triple P Parenting - Rebecca Plante - 780-963-0549

Adult Crisis Response - 780-342-7777

Support Network Distress Line - 780-482-4357

Adult Mental Health Referral and Treatment - 780-424-2424

Parkland School Division - Family Support - Vicky Mamczasz - 780-668-7422

Sunrise Supports - Dena Davis - 780-977-6241

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HELP FOR HARD TIMES TRI-REGION SUPPORT GUIDE

WHO CAN HELP, WHERE CAN I GO, AND HOW DO I GET SUPPORT?

I NEED TO TALK TO SOMEONE NOW (24H)

Distress Line 780-482-4357(HELP)
Addiction Helpline..... 1-866-332-2322
Child Mental Health (8am-11:30pm) 780-427-4491
Kids Help Phone 1-800-668-6868
Bullying Helpline..... 1-888-456-2323
Seniors Abuse Helpline 780-454-8888
Family Violence Info Line 310-1818
Sexual Assault Center (9am-9pm) 780-423-4121
First Nations & Inuit Mental Health
Hope for Wellness 1-855-242-3310

I NEED IMMEDIATE HELP Call 911

Emergency Financial Assistance
..... 780-644-5135
Access 24/7 (Adults)
Addictions & Mental Health 780-424-2424
Westview Health Centre..... 780-968-3600
Child Intervention Services 780-422-2001
Kids Cottage Crisis Childcare ... 780-944-2888
Parkland RCMP 825-220-2000
Poison Control 1-800-332-1414
NeighbourLink Parkland (practical crisis help)
Monday-Friday 9am-4pm 780-960-9669
Pay Forward Kindness (homeless supports)
..... 587-286-4663

I DON'T EVEN KNOW WHERE TO START?



24-hour information and
referral line connecting
you to social, health and
government services.



or download **HelpSeeker**,
onto your phone to find local
supports and resources.

WHERE CAN I FIND A SAFE PLACE TO SLEEP AT NIGHT?

George Spady (men, women) 780-424-8335
Women's Emergency
Accommodation Centre 780-423-5302
Hope Mission (ages 16+, men, women) 780-422-2018
Youth Empowerment &
Support Services (YESS)..... 780-468-7186
Salvation Army (Transitional Housing, \$12/day)
..... 780-429-4274

I NEED A DOMESTIC ABUSE SHELTER

Alberta Council of Women's Shelters
..... 1-866-331-3933

I NEED DETOX SUPPORT

George Spady 780-424-8335
AHS Detox Centre..... 780-427-4291
Youth Edmonton Detox 780-422-7383

I NEED A SAFE CONSUMPTION SITE

Boyle Street Community Serv... 780-424-4106
George Spady Centre 780-424-8335
Boyle McCauley Health Centre 780-422-7333

I NEED HELP WITH MENTAL HEALTH AND/OR ADDICTIONS

Access 24/7 Addictions and
Mental Health (adults)..... 780-424-2424
Youth Addiction Services 780-422-7383
Access Open Minds (youth 16-25) ... 780-415-0048
Child and Adolescent
Mental Health Services 780-342-2701
Westview PCN Youth
Mental Health Clinic (ages 11-24) ... 780-960-9533

I NEED HEALTH INFORMATION

Health Link Alberta (24/7) 811

WHERE CAN I FIND FOOD?

Parkland Food Bank
105 Madison Cres, Spruce Grove..... 780-962-4565
Auggies Café (Tuesday Free Lunch)
131 Church Rd, Spruce Grove 780-962-5131

Spruce Grove FCSS
#105 - 505 Queen Street, Spruce Grove, AB
780-962-7618

Stony Plain FCSS
#107, 4813 - 52 Avenue, Stony Plain, AB
780-963-8583



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