

Children's Mental Health Week Plans 2020
May 4-8, 2020

The Huron-Perth Centre is pleased to partner with Avon Maitland District School Board and the Huron Perth Catholic District School Board and a number of community partners to share our plans regarding Children's Mental Health Week 2020. In a time when social connection has been replaced with social distance we are excited to share our plan using social media and virtual services.

Our signature event "**Music & Art for Mental Health**" will now be an on-line event. Please feel free to share it with clients, family and friends who may have children and youth who would like to participate. You can find this poster on our website at www.hpcentre.on.ca



Huron-Perth Centre, in collaboration
with youth from Huron & Perth
present...

MUSIC & ART

Mental Health ONLINE

May 4th to May 8th 2020

Inviting all Artists and Musicians in
the Huron Perth area to share their
pieces with us and participate in our
week long event for
Childrens Mental Health Week.

WONDERING HOW TO PARTICIPATE?

- Email submissions to musicandart4mh@gmail.com
- Or Direct Message us on Instagram [@hpc.newhorizons](https://www.instagram.com/hpc.newhorizons) and Facebook at **New Horizons - HPC**
- Or Tag us using either our Facebook or Instagram, and when posting use the hashtags **#hpmentalhealth** and **#m&a4mh**

HURON-PERTH CENTRE
strengthening individuals
& families since 1977

During the planning process we received an unexpected email from Dr. Michael Ungar who offered some ideas about building resilience during a pandemic. It is refreshing to have the opportunity to focus our thoughts on positive things we can do at a time when we have been heavily invested in coping strategies. Our social media posts each day will take one of his ideas and invite our followers to think or do something that contributes to resilience:

- MONDAY – Sense of belonging
- TUESDAY – Strengthening identity
- WEDNESDAY – Reaching out; services available – **Wear GREEN**
- THURSDAY – Take control of what you can
- FRIDAY – Positive thoughts

These posts will be shared on Twitter, Instagram and Face Book as a means of reaching a range of audiences. Please feel free to share these posts.

We are thrilled to offer two webinars with Dr. Ungar free of charge later in May. Please review Dr. Ungar’s article “Resilience during a Pandemic”.

- **SAVE THE DATE! WEDNESDAY, MAY 20 2:30-4pm – “Finding our own Resilience as we work with Children and Youth During a Pandemic”** – sponsored by AMDSB and HPCDSB
This webinar will acknowledge the challenges facing educators and service providers during COVID-19, and recognize the many ways we foster our own capacities to adapt as we transition our work to virtual services to meet the needs of our children and youth. The session will invite us to consider some ways to build resilience in children, youth within the context of various roles. Registration details will soon be available.
- **SAVE THE DATE! WEDNESDAY, MAY 20 7-8pm – “Good at Any Time; Essential During a Pandemic -Things Parents Can Do to Build Resilience in their Children”** – sponsored by the Huron Perth SEA Charter Members: Huron Perth Child & Youth Network, HPC, AMDSB, HPCDSB, Choices for Change, Huron Perth Helpline and Crisis Response Team, LHIN Mental Health & Addiction Nurses and Huron Respite Network. Registration details will soon be available.

Many of you will already know that we have been working with Dr. Michael Ungar regarding the implementation of the Social Ecological Approach in our work with children and youth who struggle with mental health issues. We began this work back in 2017 with a workshop with Senior Leaders involving a number of community partners. That workshop laid the foundation for workshops in the fall of 2018. Currently we are providing some 1-1 mentoring opportunities with Dr. Ungar for approximately 10 counsellors/therapists funded by a United Way grant.

You can learn more about Dr. Ungar on his website: www.michaelungar.com
To learn more about Dr. Ungar’s research, go to: www.resilienceresearch.org

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