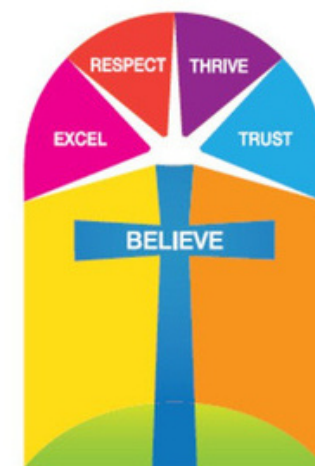


Thrive in Community

October 2022

Supporting Mental Health and Well-Being



October is a time for gratitude

October is a good time to be thankful and express gratitude. As a faith community, we can create a sense of belonging, appreciation, and positivity through sharing grateful moments together. In this issue, we are sharing a couple of activities you can do with your loved ones to practice gratitude and foster respect and connection.

Student Senate had their first meeting of the 2022-2023 school year. They set goals, planned for the year ahead, and took some time to share what they are grateful for.

Student Voice



[Click here to check out more resources from the Champions.](#)



[DP.Champions](#)

Did you know that prayerful gratitude can help your child sleep better? Before bed, help them list 3 good things that happened that day. Say a little gratitude prayer.



Click on the moon for more!

[Gratitude Prayer](#)

Prayer

Creator God, in a spirit of gratitude, we celebrate with family and friends. We give thanks for those who are good to us. We give thanks for those who were there to comfort during trying situations. And we give thanks for those who remind us of your presence. On Thanksgiving Day, as we give thanks for the light of your love, help us to be mindful of those who will need us tomorrow. Amen



VIRTUE OF THE MONTH: EMPATHY



School Mental Health Ontario

Click on the resources below from School Mental Health Ontario to access the full version

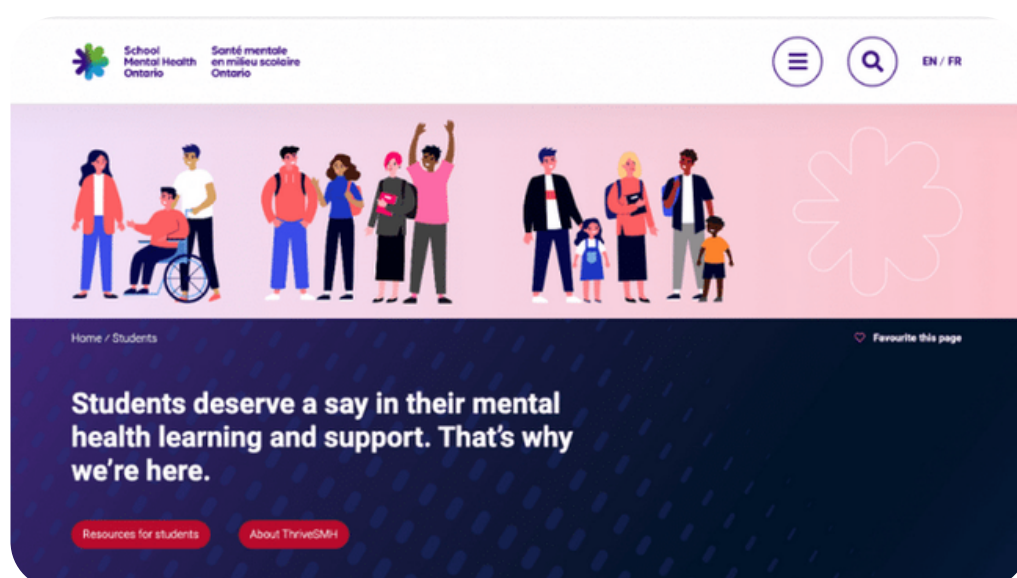
Expressing gratitude positively impacts well-being as it increases optimism and joy. As families gather to celebrate Thanksgiving, we encourage you to create a [Gratitude Wall](#), or space on your fridge at home. Together with your loved ones, share what gratitude means to each person, and ways to show gratitude. This is a great visual reminder to show appreciation for all the ways we care for and support each other.

SMHO has also recently launched a [student site](#) to help young people easily access mental health supports and information. We encourage you to explore the site with your children as they navigate this school year.



Positive motivation and perseverance / Expressing gratitude

Gratitude wall



The secret to healthy relationships is empathy. Caring about another's well-being, as well as your own, fosters respect and helps build connection with those around us. In turn, feeling understood and supported by others significantly improves our own well-being.



Click on each icon to access more resources



School Mental Health Ontario



"We, who are many, are one body in Christ, and individually we are members, one of another." (Romans 12:5)



Well-Being in DPCDSB Schools



Taking turns and sharing at Bishop Francis Allen



Julia Riverso-Correia (she/...)
@JRiversoCorreia

Counting ur [#Blessings](#)
[@AngelaMericiDP](#) with our
new [#Gratitude](#) bulletin
board ~ Ss are already
EXCITED about filling the
[#gratitudejar](#) 🧡



Gratitude Jars at St. Angela Merici



Teamwork at St. Joan of Arc



Upcoming Significant Dates

- October - Month dedicated to the Most Holy Rosary
- ADHD Awareness Month - October 1st to October 31st, 2022
- DPCDSB Empowering Women Day - October 3rd, 2022
- World Teachers' Day - October 5th, 2022
- Thanksgiving - October 10th, 2022
- World Mental Health Day - October 10th, 2022
- International Day for the Eradication of Poverty - October 17th, 2022
- Bus Driver Appreciation Day - October 19th, 2022
- Dress Purple Day - October 27th, 2022
- All Saints Day - November 1st, 2022
- All Souls Day - November 2nd, 2022
- Treaties Recognition Week - November 6th to November 11th, 2022

Looking for Support:

- Kids Help Phone: 1-800-668-6868 or text "CONNECT" to 686868 (0-18 years of age). Black youth can text "RISE" to 686868. Indigenous Youth can text FIRST NATIONS, INUIT or METIS to 686868 to connect with an Indigenous volunteer crisis responder.
- 24.7 Crisis Support Peel: 905-278-9036 1-888-811-2222. (for all ages)
- Dufferin Child and Family Services - Crisis Services: 519-941-1530
- Hope for Wellness Help Line: 1-855-242-3310 (support for all Indigenous peoples across Canada)
- National Indian Residential School Crisis Line: 1-866-925-4419
- Black Youth Help Line: 1-833-294-8650 or 416-285-9944 (website: www.blackyouth.ca)
- LGBTQ+ Youth Line: 1-800-268-9688 (website: www.youthline.ca)
- Naseeha Mental Health Hotline for Muslim Individuals: 1-866-NASEEHA (627-3342) (website: www.naseeha.org)
- 911 or go to your local Emergency Room