

YMHC YOUTH MENTAL HEALTH CANADA

June Volume: An Overview

This volume features information on YMHC events & activities, a June activity calendar, a healthy recipe, a workout of the month, mental health resources + more! June is National Indigenous History Month. National Indigenous Peoples Day takes place on the summer solstice, June 21. It's a special occasion to learn more about the rich and diverse cultures, voices, experiences, and histories of First Nations, Inuit, and Métis peoples. Learning about Indigenous Peoples, places and experiences is a step forward each Canadian can take on the path to reconciliation.

Pride Season is a term that refers to the wide range of Pride events that take place over the summer (June to September) when 2SLGBTQI+ communities and allies come together to spotlight the resilience, celebrate the talent, and recognize the contributions of 2SLGBTQI+ communities. Although special attention is put on the Pride events during the summer months, they happen throughout the year in many communities.

Historically, Pride gatherings emerged from the first large-scale protests for 2SLGBTQI+ rights. In Canada, the first demonstrations took place in Ottawa and Vancouver in 1971. By 1973, Pride events were held in several Canadian cities, including Montréal, Ottawa, Saskatoon, Toronto, Vancouver and Winnipeg. Toronto's Pride weekend in June is now among the largest Pride events in North America. Happy Pride Season!



June Events

June Awareness Month:
Alzheimer's & Brain Awareness Month
Pride Month
Men's Health Awareness Month
Immigrant Heritage Month
Children's Awareness Month
Indigenous History Month

June Awareness Week:
Infant Mental Health Awareness Week- June 10 to 16
Pet Appreciation Week- 1st week of June

June Awareness Days:
National Cancer Survivors Day - 1st Sunday of June
Autistic Pride Day - June 18
Summer Solstice - June 21
Indigenous Peoples Day - June 21

Self-Care Tip

Positive affirmations are words, phrases, or statements that help challenge negative thoughts and promote mental wellness. Here are some science-backed benefits:

- shifting your mindset.
- reframing the way that you speak to yourself (and by consequence, others, too!)
- influencing & impacting positive change

I can do this

I am brave



The YMHC newsletter was produced by Chelsea, Sheryl, Jim, and Abenaya.

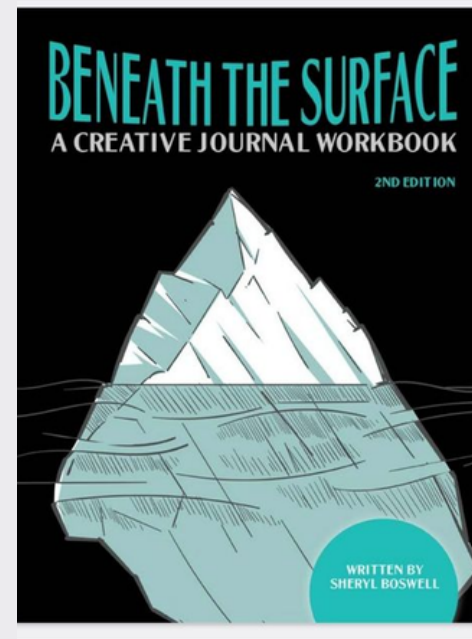
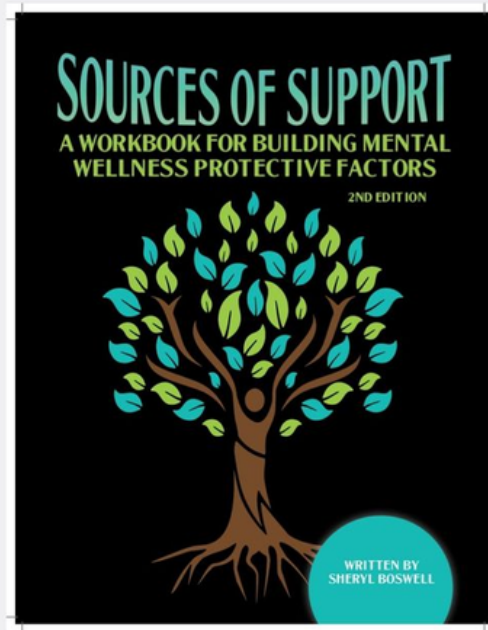
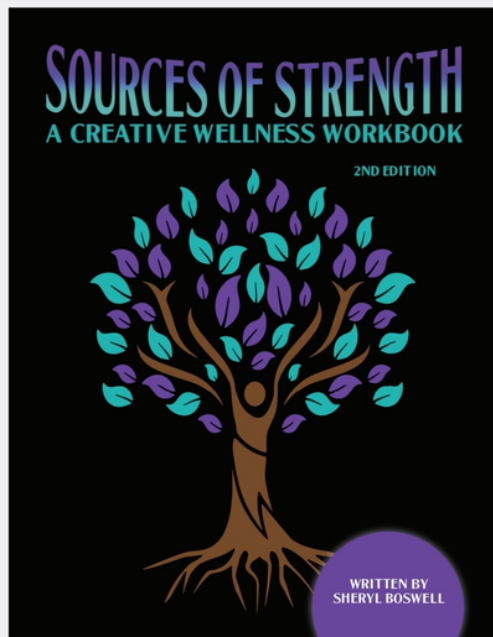
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Print / Digital Fillable / Photocopiable

Second Editions are now available!



- Evidence-based
- Peer-reviewed by international experts in youth mental health and suicide prevention
- Strength and hope-based "tools for wellness"
- Hands-on activities incorporating international best practices: Social Emotional Learning, Cognitive Behavioral Therapy, and Dialectical Behavior Therapy
- Practical, proactive, and preventative strategies to build mental wellness protective factors.
- Mental wellness workbooks provide a way to build mental health access, support, and awareness

ORDER



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SCHOOL PHOBIA TRAINING COURSE

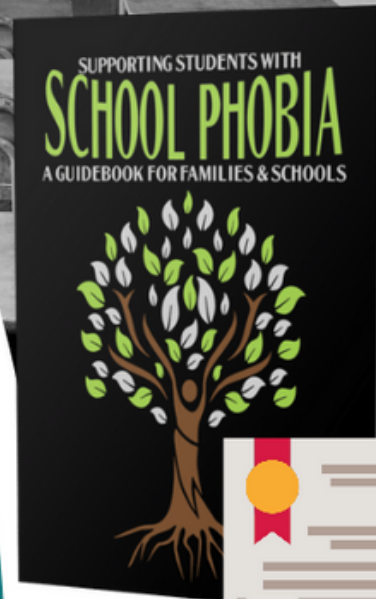
School phobia and refusal are one of the most pressing issues in youth mental health and suicide prevention. With the YMHC School Phobia Training Course, you can gain the knowledge and skills needed to support students who are struggling with mental health disabilities. Register now and become a part of the solution.



Wednesdays, from 7 to 9 pm EST,
from June 21 to July 26



Apply Online
www.ymhc.ngo/sptc





YMHC





Youth Mental Health Canada

School Phobia Website: schoolphobia.ymhc.ngo

- Canada's first school phobia survey findings
- Over 400 stories from families
- An overview of language and research over the last 100 years
- Infographics



YMHC Social Media:

-  facebook.com/YMHCCanada
-  @youth_mental_health
-  @YMHCCanada
-  @ymhchope2013

Scan or visit ymhc.ngo/links to follow us on social media, donate and subscribe to our free newsletters!



Make Hope Happen for
Students with School Phobia!

Donate at www.ymhc.ngo/donate

YMHC Family Support Program



COMING SOON



WORKOUT OF THE MONTH

a simple no equipment workout to get you ready for summer! All you need is about 20m of space. Do 3 sets of each exercise down and back with 30-60s between sets.

START

Squats
3 sets of 15



Glute Bridges
3 sets of 20 seconds



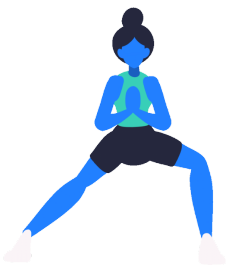
Supermans
3 sets of 12



Alternating High Knees
3 sets of 30 seconds



Sit Ups
3 sets of 16



Side to Side Lunges
3 sets of 12



BLUEBERRY CORNMEAL MUFFINS

Sweet blueberries + a hint of savoury = a perfect balance

Ingredients

- 1 1/2 cups all-purpose flour
- 1 1/2 cups yellow cornmeal
- 1/2 cup sugar, plus extra for sprinkling
- 1 tablespoon baking powder
- 1/2 teaspoon fine salt
- 2 large eggs
- 1 1/4 cups buttermilk (just under 1 1/4 cups milk of choice + 1 tbsp lemon juice)
- 1 stick (1/2 cup) unsalted butter, melted
- 1 teaspoon pure vanilla extract
- 3/4 cup blueberries



Directions

1. Preheat the oven to 375F. Line a 12-cup muffin pan with paper liners.
2. Whisk the flour, cornmeal, sugar, baking powder and salt together in a large bowl. Whisk the egg, yolk, buttermilk, butter and vanilla together in a medium bowl until smooth.
3. Pour the buttermilk mixture into the flour mixture and stir just until the batter comes together but still has lumps. Stir in the berries. Divide the batter evenly among the prepared muffin cups and sprinkle the tops with sugar.
4. Bake until golden and a toothpick inserted in the center comes out clean, about 20 minutes. Transfer the muffins to a wire rack to cool. Serve warm or at room temperature.

Makes 12



@freshandflavourful

YMHC Workshops

Workshop & presentations

YMHC provides workshops & presentations to students, school staff, parents and caregivers, community workers, newcomers to Canada, and professionals on a wide range of mental health and wellness topics. Workshops can be tailor designed to meet your needs. The length of most workshops is from 1 to 3 hours. The platform used is Zoom. We can also provide in-person workshops. For more information, check out the information on our website and contact us at <https://edu.ymhc.ngo/workshops>

School Phobia Training Course: June & July

- 12 hours instructional time
- meaningful assignments
- photocopyable guidebook on school phobia
- certificate

Register at www.ymhc.ngo/sptc

Self Care Calendar



JUNE 2023

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

May 28

29

30

31

Jun 1

2

3

Go on a nature trail/hike



Stay hydrated/fix yourself a healthy meal

Read aloud some self affirmations

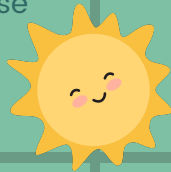


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Write down your daily stressors and cross them off one by one

5

Watch the sunset or sunrise



6

Sit outside and read

7

Dance to your favourite songs



8

Take healthy breaks from social media

9

Go to sleep early/Sleep in



10

Try out a new exercise routine

11

Create a list of things you are grateful for throughout the week



12

Try some morning meditation

13

Find and explore waterfalls near you



14

Be creative: create a quick DIY arts/crafts project

15

Organize a movie night



16

Make a list of inspiring quotes

17

Try some summer mindfulness colouring books



18

Pick some flowers for a fatherly figure in your life

19

Visit a greenhouse



20

Get started on your indoor/outdoor garden

21

National Indigenous Peoples Day: Volunteer around your community



22

Check out some of YMHC's resources!

23

Listen to an inspirational podcast or audiobook



24

Create or listen to a new summer playlist

25

Try nature photography



26

Try to incorporate healthy food choices in your meals

27

Talk to a friend/loved one



28

Go on a 10 minute walk/explore a new nature path

29

Try making a summer inspired treat



30

Make a list of personal goals for next month

Jul 1



YMHC

Youth Mental Health Canada

Supporting Youth Mental Health Change in Canada

YMHC is a community-based, youth-led charitable non-profit organization focused on youth, family, and community engagement for mental health education, support, advocacy, hope, and change.

We advocate for needs-based, culturally sensitive, trauma-informed mental health support, services and educational accommodations for students and direct funding to families to support young people with chronic mental health disabilities.

SCAN ME



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