

# YMHC YOUTH MENTAL HEALTH CANADA

## November Volume: An Overview

This volume includes information on YMHC events and activities, a November self-care calendar, a new recipe, a workout of the month, mental health resources + and more!

## Trans Days of Significance

**TRANSGENDER AWARENESS WEEK**  
When: 2nd Week of November  
Dates Nov 6 - Nov 11  
International  
Dedicated to increasing visibility and awareness of the transgender community.

**TRANSGENDER DAY OF REMEMBRANCE**  
Date: November 20, 2023  
International  
The Transgender Day of Remembrance (TDOR) was set aside to memorialize those who have been lost due to anti-transgender hatred or prejudice. The first candlelight vigil occurred in 1999.

TDOR provides us all an opportunity to publicly mourn and honor the trans lives lost in our community over the past year, in addition to helping raise awareness about hate crimes that the trans community experience daily.



## Every Child Matters Every Day

YMHC has produced Every Child Matters T-shirts, lawn signs, posters, and bundle packages with a design from a local Indigenous artist, Kyle Joedicke. All proceeds go to support Indigenous young people. To find out more, go to <https://ymhc.ngo/ecm>



## Self-Care Tip

Cook a Nourishing Meal  
Research has found that cooking and baking can be therapeutic with a range of mental health benefits. According to counselors, cooking can help "soothe stress, build self-esteem and curb negative thinking by focusing the mind on following a recipe." In addition, cooking allows us to express our creativity. If you are up for trying a new recipe - there is always a new recipe of the month in this newsletter.



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

## SCHOOL PHOBIA TRAINING COURSE

School phobia, avoidance, and absence 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 school-induced mental health disabilities. Register now and become a part of the solution.



**Date:** November 8 to December 13  
**Time:** Wednesdays, 7 to 9 p.m. ET

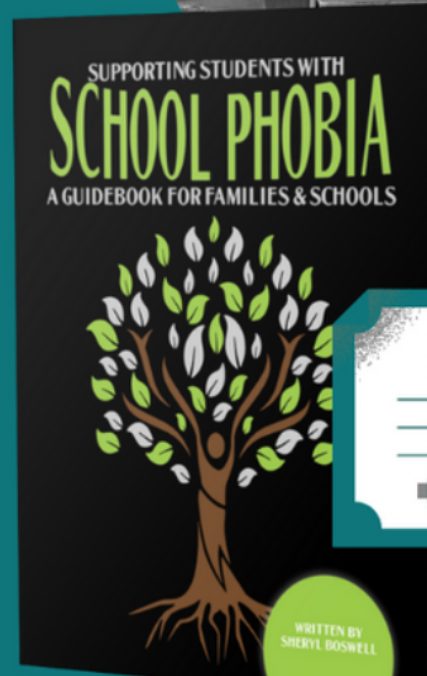


### Registration:

Indigenous Professionals:  
<https://ymhc.ngo/isat>

Non-Indigenous Professionals:  
<https://ymhc.ngo/sptc>

**REGISTER NOW**



# YMH C YOUTH MENTAL HEALTH CANADA

Canada has declared November 20th as National Child Day to celebrate the rights of children. November 20th was chosen as the day to celebrate National Child Day because the United Nations adopted the United Nations Convention on the Rights of the Child (UNCRC) on November 20, 1989.

By signing onto the United Nations Convention on the Rights of the Child in 1991, Canada made a commitment to ensure that all children are treated with dignity and respect and have every opportunity to reach their full potential.

This commitment includes:

- Providing children opportunities to have a voice (speak out and be heard)
- Protecting children from harm
- Ensuring children's basic needs are met

How to celebrate National Child Day  
Celebrating National Child Day is about celebrating children as:

- active participants in their own lives and in their communities
- active citizens who can and should meaningfully contribute to decisions that affect their lives

**CÉLEBRATE NATIONAL CHILD DAY NOVEMBER 20**

**NOVEMBER 20 IS NATIONAL CHILD DAY, a day to celebrate child rights!**

All children in Canada up to the age of 18 have rights, below are only a few examples. All your rights are written in a document called the **United Nations Convention on the Rights of the Child**.

Visit [Canada.ca/national-child-day](http://Canada.ca/national-child-day) to learn more about your rights!

1. **EVERY CHILD From birth to 18 HAS these RIGHTS.**
2. You have the right to **IDENTITY** (name, birth date, nationality, etc.)
3. You have the right to **CHOOSE YOUR OWN FRIENDS** (not just be with your family).
4. You have the right to **WORK** (if you are old enough).
5. You have the right to **WORK** (if you are old enough).
6. You have the right to **WORK** (if you are old enough).
7. You have the right to **WORK** (if you are old enough).
8. You have the right to **WORK** (if you are old enough).
9. You have the right to **WORK** (if you are old enough).
10. You have the right to **WORK** (if you are old enough).

Canada Health Agency of Canada Agence de la santé Québec du Canada

Right: the things that allow children to live to their fullest potential

Need: the things that are absolutely necessary for all children to have or be able to do to live a happy and healthy life

Want: the things that are nice to have but are not necessary for a full life

# YMH C YOUTH MENTAL HEALTH CANADA

<p>1</p> <p>DEFINITION OF A CHILD</p>	<p>2</p> <p>NO DISCRIMINATION</p>	<p>3</p> <p>BEST INTERESTS OF THE CHILD</p>	<p>4</p> <p>MAKING RIGHTS REAL</p>	<p>5</p> <p>FAMILY GUIDANCE AS CHILDREN DEVELOP</p>	<p>6</p> <p>LIFE, SURVIVAL AND DEVELOPMENT</p>	<p>7</p> <p>NAME AND NATIONALITY</p>
<p>8</p> <p>IDENTITY</p>	<p>9</p> <p>KEEPING FAMILIES TOGETHER</p>	<p>10</p> <p>CONTACT WITH PARENTS ACROSS COUNTRIES</p>	<p>11</p> <p>PROTECTION FROM KIDNAPPING</p>	<p>12</p> <p>RESPECT FOR CHILDREN'S VIEWS</p>	<p>13</p> <p>SHARING THOUGHTS FREELY</p>	<p>14</p> <p>FREEDOM OF THOUGHT AND RELIGION</p>
<p>15</p> <p>SETTING UP OR JOINING GROUPS</p>	<p>16</p> <p>PROTECTION OF PRIVACY</p>	<p>17</p> <p>ACCESS TO INFORMATION</p>	<p>18</p> <p>RESPONSIBILITY OF PARENTS</p>	<p>19</p> <p>PROTECTION FROM VIOLENCE</p>	<p>20</p> <p>CHILDREN WITHOUT FAMILIES</p>	<p>21</p> <p>CHILDREN WHO ARE ADOPTED</p>
<p>22</p> <p>REFUGEE CHILDREN</p>	<p>23</p> <p>CHILDREN WITH DISABILITIES</p>	<p>24</p> <p>HEALTH, WATER, FOOD, ENVIRONMENT</p>	<p>25</p> <p>REVIEW OF A CHILD'S PLACEMENT</p>	<p>26</p> <p>SOCIAL AND ECONOMIC HELP</p>	<p>27</p> <p>FOOD, CLOTHING, A SAFE HOME</p>	<p>28</p> <p>ACCESS TO EDUCATION</p>
<p>29</p> <p>AIMS OF EDUCATION</p>	<p>30</p> <p>MINORITY CULTURE, LANGUAGE AND RELIGION</p>	<p>31</p> <p>REST, PLAY, CULTURE, ARTS</p>	<p>32</p> <p>PROTECTION FROM HARMFUL WORK</p>	<p>33</p> <p>PROTECTION FROM HARMFUL DRUGS</p>	<p>34</p> <p>PROTECTION FROM SEXUAL ABUSE</p>	<p>35</p> <p>PREVENTION OF SALE AND TRAFFICKING</p>
<p>36</p> <p>PROTECTION FROM EXPLOITATION</p>	<p>37</p> <p>CHILDREN IN DETENTION</p>	<p>38</p> <p>PROTECTION IN WAR</p>	<p>39</p> <p>RECOVERY AND REINTEGRATION</p>	<p>40</p> <p>CHILDREN WHO BREAK THE LAW</p>	<p>41</p> <p>BEST LAW FOR CHILDREN APPLIES</p>	<p>42</p> <p>EVERYONE MUST KNOW CHILDREN'S RIGHTS</p>

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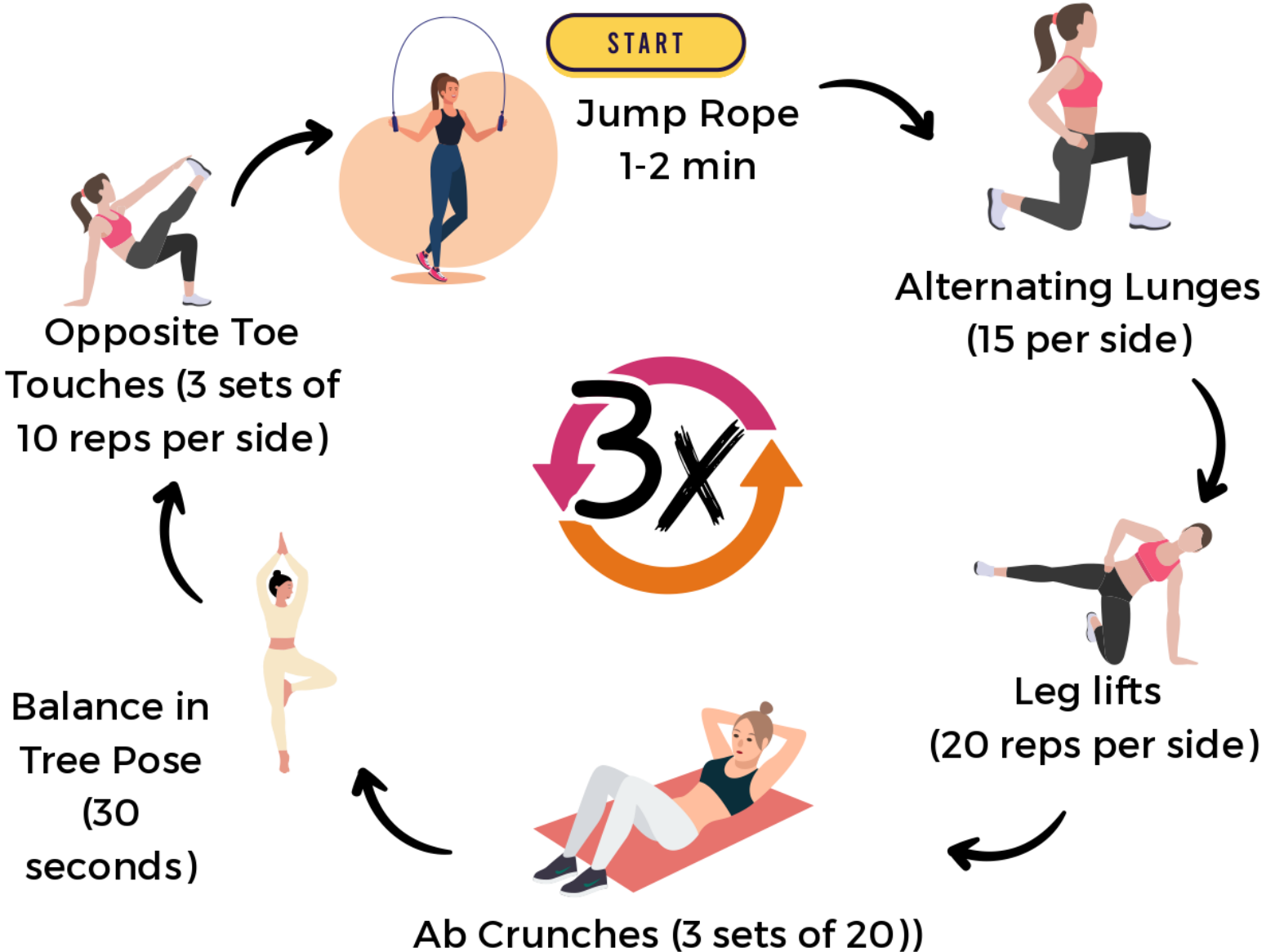
HOW THE CONVENTION WORKS

## CONVENTION ON THE RIGHTS OF THE CHILD

## WORKOUT OF THE MONTH



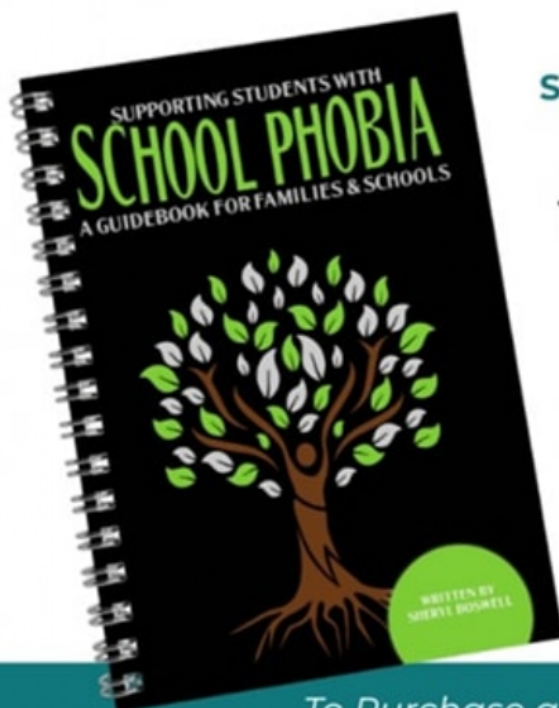
***a no weight workout to try! All you need is about 20m of space.  
Do 3 rounds of this cycle with 1 min rest between cycles.***



## Supporting Students with School Phobia

School phobia is a complex mental health disability. There are many challenges for the student, family and school. The more time a student is away from school, the more difficult it is for them to resume normal school life.

YMHC has developed resources and tools to support students, families, schools, and mental health professionals. Our 20 years of experience working on school-induced mental health challenges and disabilities provides the much-needed authenticity, expertise, and leadership to the field of child and youth mental health and suicide prevention.



### Make Hope Happen with **Supporting Students with School Phobia: A Guidebook for Families & Schools.**

#### **This amazing tool and resource covers:**

- Understanding School Phobia
- Support Strategies
- A Mental Wellness Action Plan
- Trauma-Informed Approaches
- A Whole School Approach
- Possible Educational Accommodations

Available for Purchase in English or French,  
Printed, Digital Fillable & Photocopiable

*To Purchase a Copy, Book a Workshop or  
Training Course or to Learn More, Visit :*

<https://schoolphobia.ymhc.ngo>



## VEGAN PISTACHIO SHORTBREAD COOKIES

Honestly, shortbread is pretty easy to make vegan, and pretty easy to make overall – give this recipe a try! If you prefer something other than pistachios – feel free to sub it out and mix in whatever you like.

### Ingredients

- 1 cup (2 sticks) unsalted butter, at room temperature
- ¾ cup powdered sugar
- ½ tsp salt
- 2 1/2 cups all-purpose flour
- 1 cup chopped pistachios, roasted and lightly salted



  @freshandflavourful

### Directions

1. Add butter, powdered sugar, and salt to the bowl of a large food processor. Process until smooth. Add flour and pulse until mixture looks crumbly and chunky. Add pistachios and quickly pulse until the pistachios are incorporated but not further chopped.
2. Divide the dough in half and distribute each portion onto a large piece of plastic wrap. Form the dough into two, ~8-inch long logs. Tightly wrap in plastic wrap and freeze for 30 minutes, or refrigerate overnight/until needed.
3. Preheat oven to 350°F. Line two baking sheets with parchment paper. Remove one log of dough from the freezer/fridge. Cut dough into ¼-inch thick slices. Arrange cookies on lined baking sheet. Bake until cookies just barely turn a light golden color around the edges, between 12-15 minutes. Allow to cool on baking sheets.
4. Repeat steps with the second log of dough. Once cookies are completely cool, store in an airtight container (if there are any left!).

Makes 30 cookies

**Did you make this  
recipe? Post it on social  
media and tag us!**



## Indigenous Disability Awareness Month (IDAM)

Indigenous peoples of Canada experience a disability rate significantly higher than that of the general population.

Indigenous Disability Awareness Month (IDAM) brings awareness of these barriers and the issues that Indigenous peoples living with disabilities and their families face every day. More importantly though, in spite of these barriers, IDAM celebrates the achievements of Indigenous peoples living with disabilities and recognize the significant and valuable contributions they make to our communities socially, economically, and culturally every day.

Indigenous Disability Awareness Month (IDAM) was created by BCANDS in 2015, and 2023 is its 9th anniversary! Since then, IDAM is now annually declared and recognized by the Provinces of British Columbia, Saskatchewan, and Manitoba, the Assembly of First Nations, BC First Nations Summit, Métis Nation of BC, Council of Yukon First Nations, the Town of Inuvik, and hundreds of other organizations and communities across Canada. IDAM is the only Indigenous disability specific awareness initiative of its kind in the world. In 2017 the United Nations International Committee on the Rights of Persons with Disabilities recommended to Canada to officially declare November as IDAM annually.



**November is  
Indigenous  
Disability Awareness  
Month**





# NOVEMBER 2023

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



1  
Stress awareness day



2  
Meditate



3  
Call a loved one/friend



4  
Dance it out



5  
Take a hot bath



6  
Journal for your mental health



7  
Try a new craft



8  
Go on a date by yourself



9  
Try something new: yoga



10  
Try a mindfulness app



11  
At home spa activities



12  
Go for a walk in nature



13  
World kindness day



14  
Track your water intake



15  
Pick up litter in your area



16  
Read a good book



17  
Enjoy your favourite fall drink



18  
Do a quick workout



19  
Art challenge: make a snowflake



20  
Transgender day of Remembrance



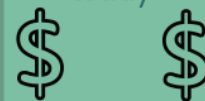
21  
Wear your favourite fall outfit



22  
Eat a healthy meal



23  
DIY: Dream catcher



24  
Save money, don't spend anything today



25  
Learn about domestic violence resources



26  
Listen to music



27  
Speak positive affirmations



28  
Turn off your phone one hour before bed



29  
Give back to your community



30  
Spend time with your loved ones



# 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 or visit [ymhc.ngo/links](http://ymhc.ngo/links) to follow us on social media, donate, and subscribe to newsletters!

-  [www.ymhc.ngo](http://www.ymhc.ngo)
-  [edu.ymhc.ngo](http://edu.ymhc.ngo)
-  [schoolphobia.ymhc.ngo](http://schoolphobia.ymhc.ngo)
-  [www.ymhc.ngo/contact](http://www.ymhc.ngo/contact)
-  51 Stuart St., Hamilton, ON
-  @YMHCCanada
-  @ymhchope2013
-  @youth\_mental\_health
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-  647.952.9642  
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**Make Hope Happen!**  
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