

January Volume: An Overview

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

Days of Significance

New Year's Day

Celebrate the first day of every year in the Gregorian calendar.

January 18

Martin Luther King Jr. Day

A federal holiday in the United States marking the birthday of Martin Luther King Jr.

January 24: First day of YMHC's School Phobia Training Course. Register at <https://ymhc.ngo/sptc>

January 27

International Holocaust Remembrance Day
UNESCO day to pay tribute to the memory of the victims of the Holocaust

January is Alzheimer Awareness Month, Crime Stoppers Month (Ontario), Ontario March of Dimes Month, and it is the National Hobby Month in Canada. The third week of January is observed as National Non-Smoking Week in Canada.

Welcome 2024!

It's the first month of the year, and in January we look forward to fresh starts, including building healthy habits and spending time with friends and family.

Happy New Year

Self-Care Tip

Practice Positive Self-Talk

A major aspect of self-care is the "self" part, and that includes how you view yourself and, importantly, the language you use when talking to yourself



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

YMHC

Youth Mental Health Canada

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 gain the knowledge and skills needed to support students who are struggling with chronic school absenteeism. Register now and become a part of the solution.

Drawing on a wide evidence base, the course provides participants with a range of school-wide strategies for positively impacting the lives, health, education, and future potential of students.

The trainer draws on her 20 years of experience working on school phobia issues, in addition to coordination of Stay-in-School programs, years of experience as an educator with elementary, secondary, postsecondary, and adult education students in Canada and Africa, and her membership and involvement in international organizations focused on youth mental health, suicide prevention, and school attendance.

Date and Time:

January 24 to

February 28

Wednesdays, 6 to 8 p.m. ET

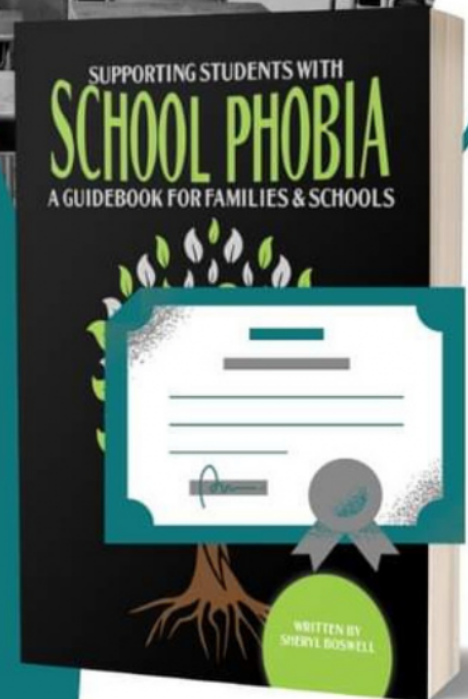


Registration:

Education and

Mental Health Professionals:

<https://ymhc.ngo/sptc>



REGISTER NOW



2024

HAPPY NEW YEAR

“May your coming year be filled with magic and dreams and good madness. I hope you read some fine books and kiss someone who thinks you're wonderful, and don't forget to make some art -- write or draw or build or sing or live as only you can. And I hope, somewhere in the next year, you surprise yourself.

I hope you will have a wonderful year, that you'll dream dangerously and outrageously, that you'll make something that didn't exist before you made it, that you will be loved and that you will be liked, and that you will have people to love and to like in return. And, most importantly (because I think there should be more kindness and more wisdom in the world right now), that you will, when you need to be, be wise, and that you will always be kind.

I hope that in this year to come, you make mistakes. Because if you are making mistakes, then you are making new things, trying new things, learning, living, pushing yourself, changing yourself, changing your world. You're doing things you've never done before, and more importantly, you're Doing Something.

So that's my wish for you, and all of us, and my wish for myself. Make New Mistakes. Make glorious, amazing mistakes. Make mistakes nobody's ever made before. Don't freeze, don't stop, don't worry that it isn't good enough, or it isn't perfect, whatever it is: art, or love, or work or family or life.

Whatever it is you're scared of doing, Do it.

Make your mistakes, next year and forever.

-Neil Gaman

YMHC New Year Activities



Good Things Jar

This January, start the year with an empty jar and fill it with notes about good things that happen. Then, on one year, empty it and read about your successes, triumphs, good things, and compliments from the past year.



2024 Bucket List

This January, think of the places you would like to visit, books you would like to read, people you would like to meet or reconnect with, experiences you would like to have, food you would like to try, new activities you would like to have, and create a bucket list of goals.



Get Educated

Take a YMHC workshop or training course. Think about what you would like to know more about in 2024.

Here are some suggestions for free courses:
Indigenous Canada is a 12-lesson Massive Open Online Course (MOOC) from the Faculty of Native Studies

[The Science of Well-Being | Yale Online](#)

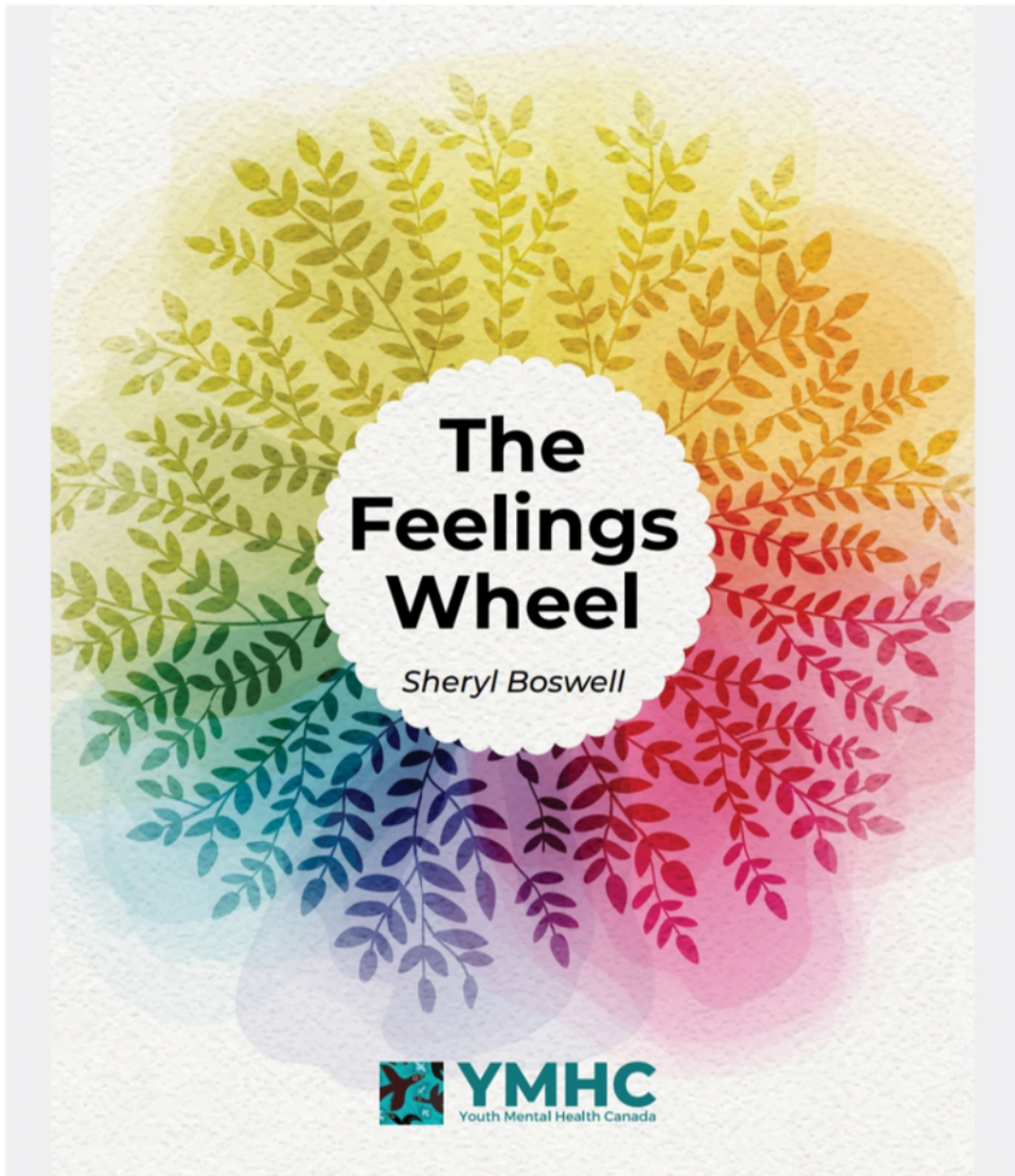
Support YMHC

Encourage your family and friends to follow YMHC on social media.

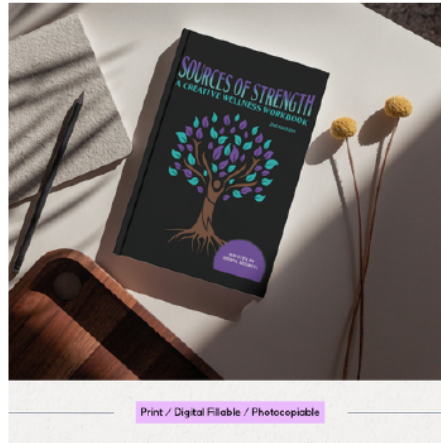
Become a YMHC member and get free weekly activities, a free monthly workshop, and many other perks.



New Resource: Feelings Wheel Booklet



January Resource Special



Buy-One-Give-One

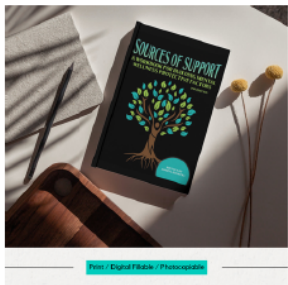
Purchase one YMHC print book in January
and a book will be donated to an
Indigenous community organization



Get YMHC Merch at
<https://ymhc.ngo/merch>

Personal Wellness Toolkit

What are you going to put in your personal wellness toolkit?



FREE gift valued at \$20 when you purchase over \$50.



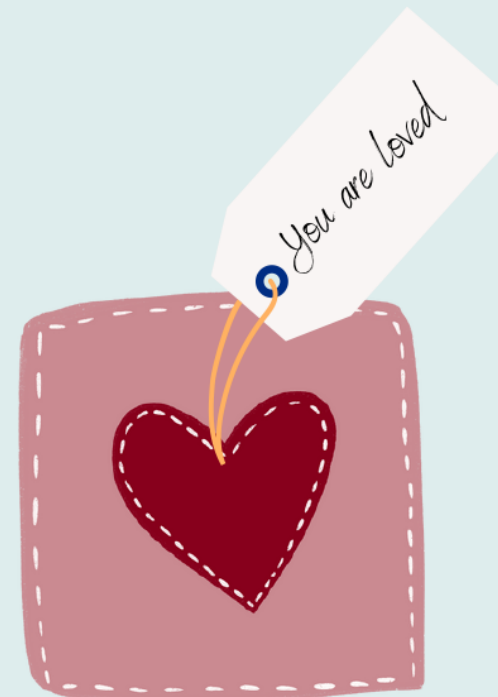
Create your personal wellness toolkit at
<https://ymhc.ngo/gifts>

Heart to Heart Campaign

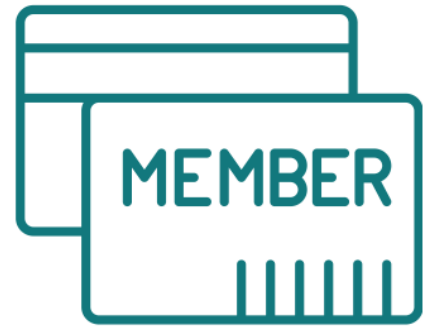
YMHC is launching a “Heart to Heart” campaign in January 2024. Knit, sew, or crochet hearts and send them to **YMHC, 51 Stuart Street, Hamilton, Ontario, L8L 1B5.** **The Sewing Hope Project will add sewn hearts and messages of support.**

Messages of support will be added to the hearts and sent to young people who are struggling with their mental health.

There are many ways that people can contribute to youth mental health support, change, and action. We hope that this campaign will become a national campaign to support people of all ages.

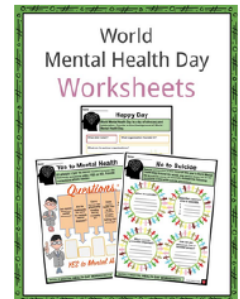
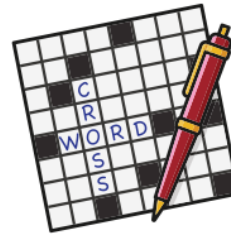


YMHC Membership Program in 2024



↓ DOWNLOAD

Free weekly downloads of activities



Activities include a self-care calendar and mental wellness planner, healthy recipes, workouts, fun activities, and worksheets.



Free monthly workshop on a wide range of topics related to mental health and wellness

www.ymhc.ngo/membership



WORKOUT OF THE MONTH



This workout requires some equipment, but feel free to get creative if you don't have it at home! See tips below!

WARM-UP: 10 REPS OF EACH, REPEAT 2-3 TIMES



THE CIRCUIT: 45 SECONDS ON, 15 SECONDS OFF. REST FOR 1 MINUTE BEFORE COMPLETING CIRCUIT 2-3 TIMES.

1. SLEIGH ROPES



OR try kettlebell swings with a weight, or even laundry detergent!

2. SLED PUSHES



OR put some weight on a chair + push/pull it!

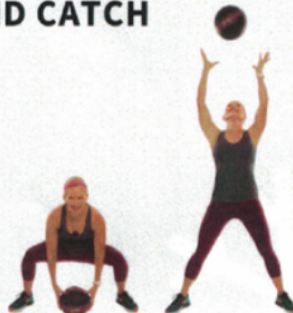
3. SLED PULLS



4. ICE SKATERS



5. SNOWBALL SQUAT AND CATCH



6. MOUNTAIN CLIMBERS

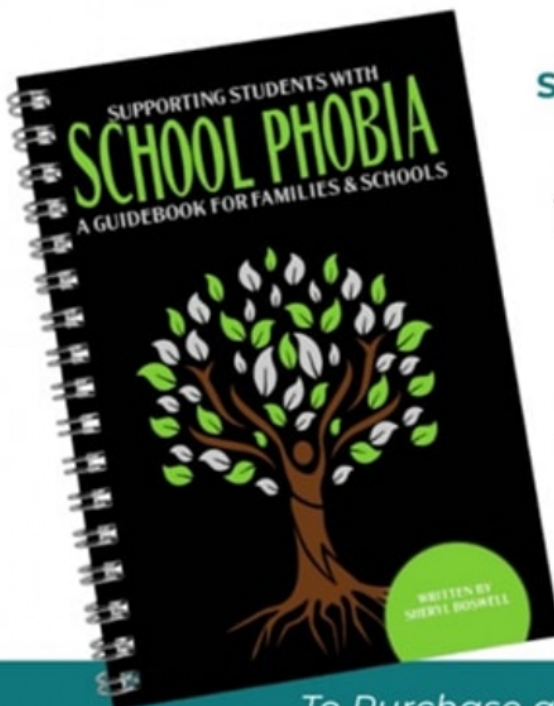


even though it will be lighter, use any ball you can find!

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
Trainina Course or to Learn More. Visit :*

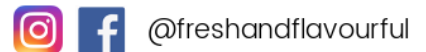
<https://schoolphobia.ymhc.ngo>

CLASSIC GINGERSNAP COOKIES

These spiced gingersnaps are our go-to cookie for the holiday season. They are chewy on the inside, crisp on the outside, coated in sugar, and delicious every time.

Ingredients

- 3/4 cup shortening
- 1 cup sugar + extra for rolling dough in
- 1 egg
- 1/4 cup molasses
- 2 cups all purpose flour
- 1/4 tsp salt
- 2 tsp baking soda
- 1 tsp cinnamon
- 1 tsp cloves
- 1 tsp ginger



Directions

1. Preheat the oven to 350F on convection.
2. Cream together the shortening and sugar in a large bowl. Then beat in the molasses and egg.
3. Combine the flour, salt, baking soda and spices. Add that to the creamed mixture and beat well.
4. Roll into small balls (approx 2.5 tbsp size, 41g) and then roll in sugar.
5. Place cookie balls on a baking tray. Don't flatten - the cookies will do it on their own. Bake for 8-10 minutes.

Makes 20 cookies

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



JANUARY 2024

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

1

Clean your bedroom



2



Take a sensory walk in nature

3

Watch a funny movie



4



Practice a mental body scan

5

Drink tea instead of coffee



6



Get organized

7

Clean the bathroom



8



Have a bubble bath

9

Law enforcement appreciation day



10



Write out your worries before bed

11

Listen to a podcast



12



Set a workout schedule

13

Plan play time



14



Do something good for the Earth

15

Check in with your mental health



16



Spread joy

17

Reflect on your day



18



Drink 8 glasses of water

19

Cook a meal together



20

Clean the kitchen



21

Watch a documentary



22



Get a houseplant

23

Relax your body, unclench



24



Social media break

25

Try aroma therapy



26

Book an appointment with a mental health professional



27

Take down your Christmas tree



28



Practise saying "No"

29

Make a sensory tool



30



Create a mental health plan

31

Hot chocolate day





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 to follow us on social media, donate, and subscribe to newsletters!



www.ymhc.ngo



edu.ymhc.ngo



schoolphobia.ymhc.ngo



www.ymhc.ngo/contact



51 Stuart St., Hamilton, ON



@YMHCCanada



@ymhchope2013



@youth_mental_health



facebook.com/YMHCCanada



647.952.9642
YMHC

Make Hope Happen!

Donate at www.ymhc.ngo/donate