

December Volume: An Overview

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

Days of Significance

International Day of People with Disabilities
3rd Dec 2023

A day to recognize and value the diversity of our global community, and to cherish the role we all play, regardless of our abilities. The aim of the day is to break down barriers to inclusion and advocate for the rights of people with disability.

The National Day of Remembrance and Action on Violence Against Women
6th December 2023

It has been over 30 years since the murder of 14 young women at Polytechnique Montréal (December 6, 1989).

Human Rights Day
10th Dec 2023

The anniversary of the adoption of the Universal Declaration of Human Rights by the United Nations.

Winter Solstice (Northern Hemisphere)
21st Dec 2023

The winter solstice represents the beginning of the astronomical winter and is the shortest day - the day with the least daylight.

The Holiday Season

It's the final month of the year, and in December we look forward to Christmas, Hanukkah and Kwanzaa as well as looking ahead to 2024 on New Year's Eve.

**HAPPY
HOLIDAYS**

Self-Care Tip

Develop a 'Don't Do' List

Self-care doesn't have to be an action item. It can be about freeing up space for the things that matter in your life and removing those that steal your energy. After an especially draining day, take a few minutes to reflect: What dragged you down? How can you do less of that? Go ahead and physically write down a "don't do" list, something that can serve as a reminder that holds you accountable.



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

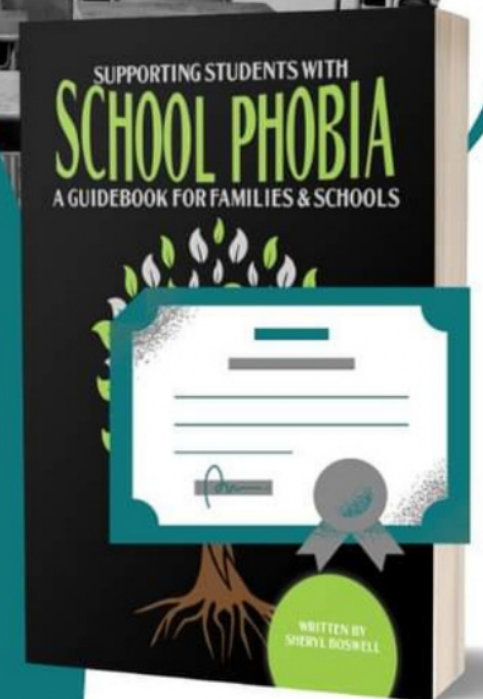


Registration:

Education and

Mental Health Professionals:

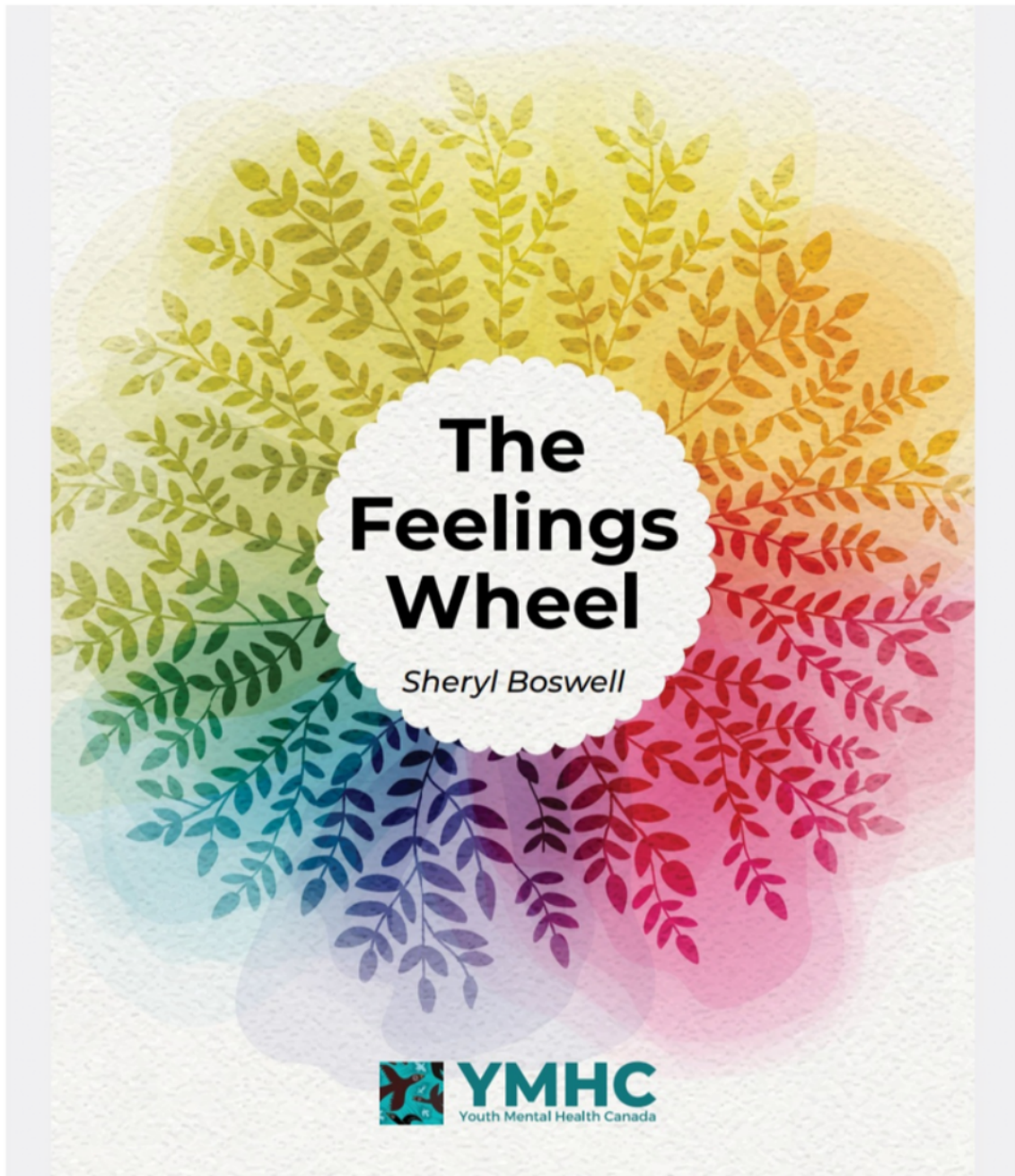
<https://ymhc.ngo/sptc>



REGISTER NOW



New Resource: Feelings Wheel Booklet



Gifts that Matter



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



Personal Wellness Toolkit

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



Print / Digital Filable / Photocopiable



Print / Digital Filable / Photocopiable



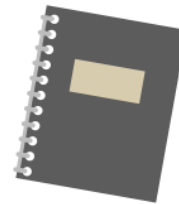
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FREE gift valued at \$20

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





This year, we have donated our resources to almost 500 libraries, 72 school boards in Ontario, 100 Indigenous organizations in Ontario, local community organizations, and 100 universities in Canada.

YMHC is constantly striving to make a difference. In the last three years, we have donated over \$200,000 worth of mental wellness journal workbooks and provided subsidized workshops and training courses for parents and caregivers and Indigenous education and mental health professionals.

We have a dedicated donation campaign, Make Hope Happen. One hundred percent of donations goes directly to supporting young people across Canada.

Heart to Heart Campaign

YMHC is launching a “Heart to Heart” campaign in January 2024.

Knit or crochet hearts and send them to **YMHC, 51 Stuart Street, Hamilton, Ontario, L8L 1B5.**

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 starts in January 2024



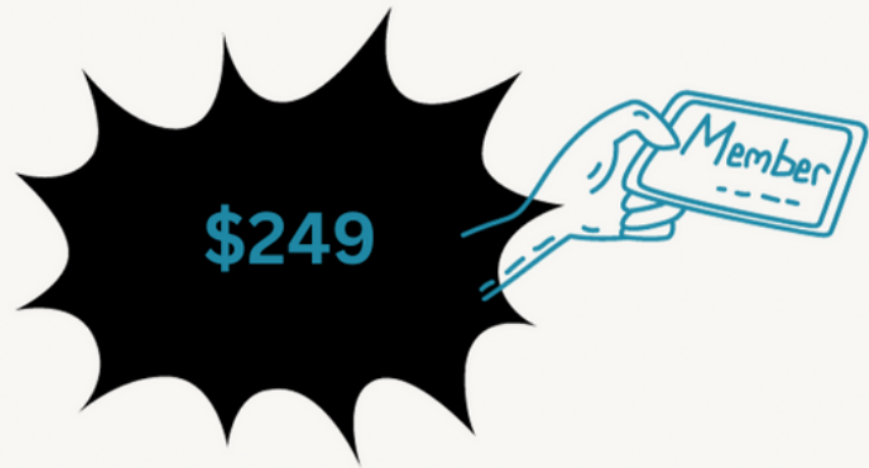
Free, weekly
downloads



Free, monthly
workshop



Access to special
offers



Become a YMHC member and
join the movement for change

www.ymhc.ngo/membership



WORKOUT OF THE MONTH



Warm up

- 2 minutes marching in place
- 1 minute jumping jacks
- 10 burpees
- 15 squats (weighted for challenge)



Legs

- 20 Calf raises
- 20 lateral lunges
- 20 donkey kicks (10/side)
- 20 skaters



December workout plan

Repeat X2

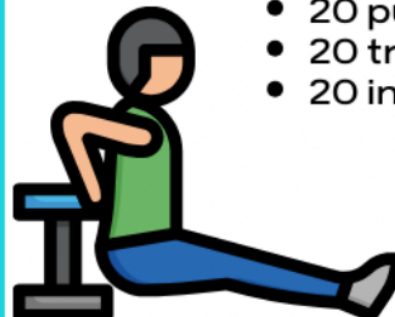
Core

- 30-second plank
- 30-second mountain climbers
- 30 bicycle crunch
- 30 flutter kicks



Arms

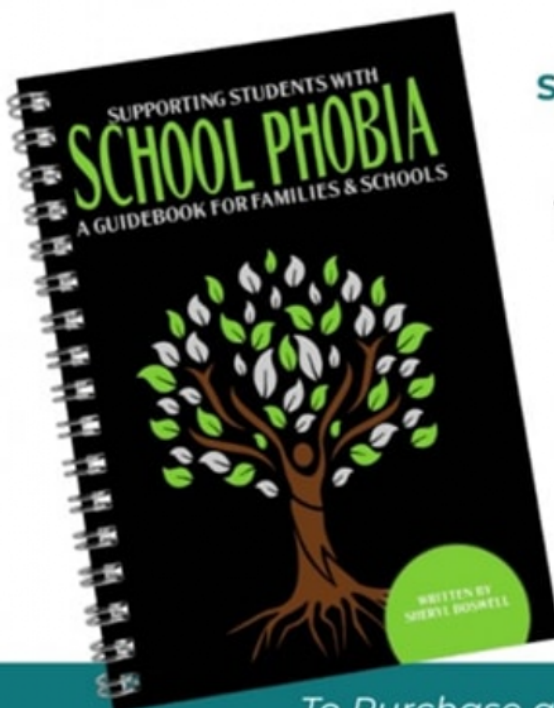
- 30-seconds arm circles
- 20 push-ups
- 20 triceps dips
- 20 inch worms



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>

CHEWY CINNA-SPICED COOKIES

Crisp on the outside but thick soft + chewy in the middle. Perfect for a chilly winter day to enjoy with a cup of tea, coffee, cider, or hot cocoa!

Ingredients

80g butter + 80g shortening, melted
1/2 cup granulated sugar
1/2 cup packed light brown sugar
1/4 cup packed brown sugar
1 large egg
1 tsp vanilla extract
1 1/2 cups (225g) all-purpose flour
2 tsp cornstarch or xanthan gum
1 tsp baking soda
1 Tbsp cinnamon
1 tbsp nutmeg



@freshandflavourful

Directions

1. Melt butter and shortening in a medium mixing bowl in the microwave in 30-second intervals.
2. Add both sugars and whisk for 20 seconds until well combined.
3. Add egg and vanilla, and whisk until well combined, about 15 seconds.
4. Sift over the flour, cornstarch, baking soda, cinnamon and nutmeg. Then add the salt.
5. Mix until a soft cookie dough forms, it will be thick.
6. Chill the cookie dough in the refrigerator for ~30 minutes.
7. While dough chills, preheat oven to 350F. Line a large baking sheet with parchment paper and set aside.
8. Remove dough from fridge and scoop with a small cookie scooper (~1.5-2 tbsp) to form each cookie; place on lined tray, without flattening the balls.
9. Repeat with remaining dough, spacing cookie balls 10cm (4 inches) apart to allow for spreading, and leaving gaps near tray edges.
10. Bake for 10-12 minutes until edges are lightly golden.
11. Remove from oven use a spatula or bottom of a cup to press down on each cookie to slightly deflate. Allow cookies to cool on tray 5-10 minutes. Dust with extra cinnamon on top!

Makes 20 cookies

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



DECEMBER 2023

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

31
Set goals for 2024



1
Light a holiday candle



2
Play board games with family or friends



3
Take a nap today



4
National Cookie Day: Bake cookies



5
Eat healthy today



6
Be kind to yourself all day



7
Hanukkah begins at sun down



8
Move your body



9
Write out Christmas cards



10
International Human Rights Day



11
Watch a funny show



12
Decorate a gingerbread house



13
Go check out holiday decorations in your neighbourhood



14
Get cozy



15
Eat a candy cane



16
Watch a holiday movie: suggestion ELF



17
Wear an ugly holiday sweater



18
Don't over schedule yourself



19
Thank a hero in your community



20
Build a snow person



21
DIY: tree ornament



22
Stretch before bed



23
Wrap your presents



24
Listen to holiday music



25
Merry Christmas



26
Kwanzaa begins



27
Volunteer in your community or donate



28
Slow down today, rest



29
Set boundaries for 2024



30
Reflect back on your year





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



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@ymhchope2013



@youth_mental_health



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647.952.9642
YMHC

Make Hope Happen!

Donate at www.ymhc.ngo/donate