

YMHC YOUTH MENTAL HEALTH CANADA

February Volume: An Overview

Wow - it is already February! This volume features a YMHC resource, February activity calendar, a healthy recipe, mental health resources + more! February is often seen as a month of love + spending time with family - set aside some time for social events and getting active! The month of February is Black History month - the theme for 2023 is "Black resistance". This means celebrating the ways in which Black people have resisted oppression, discrimination, and prejudice over history.

Special days in February include:

- February 2 - Groundhog Day - celebrates the weather prediction made by a groundhog.
- February 14 - Valentine's Day
- February 15 - National Flag of Canada Day
- February 20 - Family Day



YMHC Resource

The second edition of Sources of Support: Building Mental Wellness Protective Factors is now available.

<https://edu.ymhc.ngo/resources-and-tools/>



Upcoming YMHC Fundraising Event

YMHC will be holding our first fundraising event in Hamilton at the Westdale in Westdale Village, near McMaster University, on Saturday, March 25 from 5 to 10 pm. The night will feature a screening of the acclaimed film, "The S Word" by Lisa Klein, a panel discussion, and a mental wellness community fair. We will have light bites, door prizes, opportunities for networking and community-building, and much more! Tickets are \$50 and include a swag bag with contents valued at \$100.

We are looking for volunteers, donors, sponsors, organizations to join our community fair, and panelists.

Tickets are available on Eventbrite.

Self-Care Tip

Dance with Abandon: Cutting loose has very real psychological benefits. Simply turn up your favorite tunes, or take an online dance class to get the full benefit.



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

Saturday, March 25

5 to 10 pm

**The Westdale
1014 King St. W.
Hamilton, ON**

**Film Screening,
Panel Discussion &
Mental Wellness
Community Fair**

Tickets:

ymhc.ngo/thesword

**The first 100 people to purchase tickets receive
a swag bag valued at \$100. Tickets on Eventbrite**

door prizes



light bites



THE S WORD, from Los Angeles-based production company, MadPix Films, tackles one of the most heartbreaking and silenced issues of our time... Suicide. From the creative team behind the award-winning OF TWO MINDS. A suicide attempt survivor is on a mission to find fellow survivors and document their stories of courage, insight, and humor. Along the way, she discovers a rising movement transforming personal struggles into action.

The screening will be preceded by a community fair with information tables from local mental health organizations. A panel discussion will follow the screening with leading mental health and suicide prevention organizations and advocates from the Hamilton area.

Ticket prices include a swag bag valued at \$100. Bags will include a mental wellness workbook, T-shirt or sweatshirt, self-care aids, and treats.

Doors open at 5:00 pm. Light bites will be provided. Tickets are available through Eventbrite or at the door. We would like to increase mental health access to this event by providing ticket donations to postsecondary students. Please consider donating money to cover ticket fees.

Become a YMHC Volunteer!

We are looking for volunteers in the Hamilton area that can help us organize 2 upcoming events at Westdale Theatre: March 25 and May 4.

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Youth Mental Health Canada

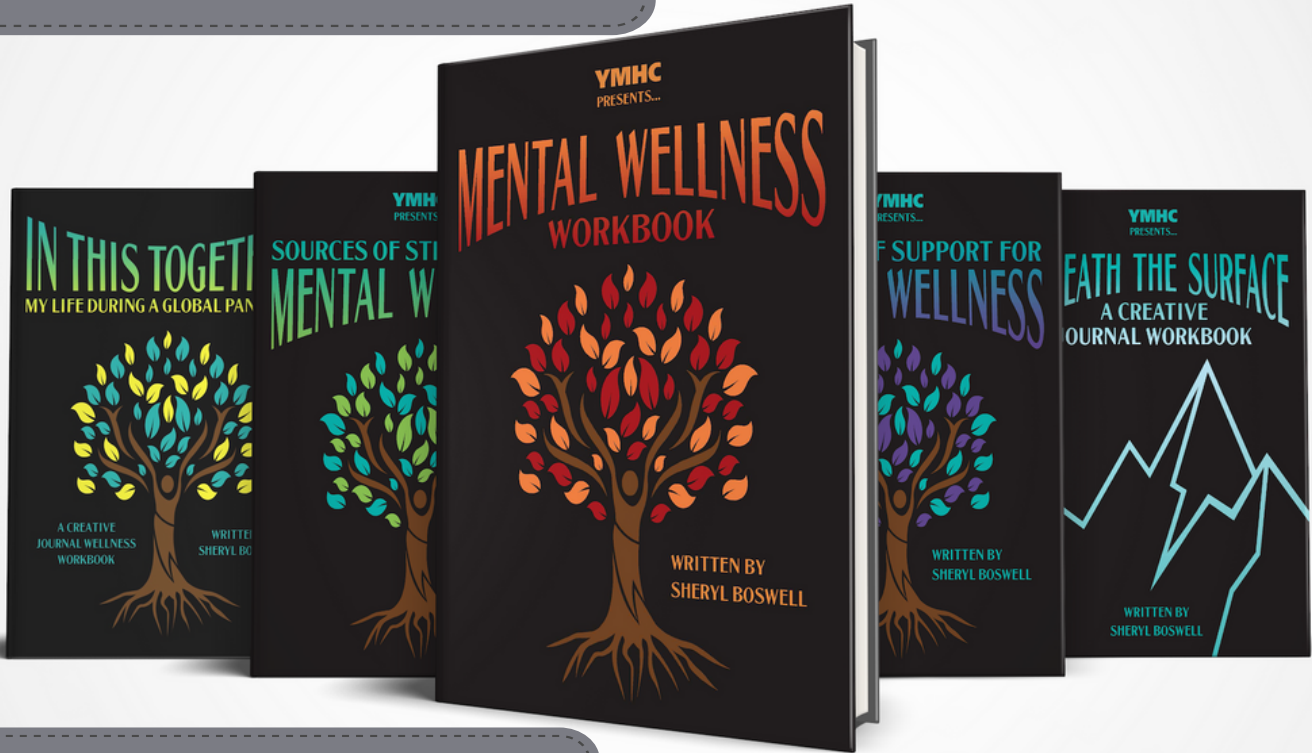
Volunteers
wanted



YMHC One-time Event Volunteer Application Form

ymhc.ngo/event-volunteer-form

Five mental wellness workbooks



one guidebook



peer-reviewed



evidence-based

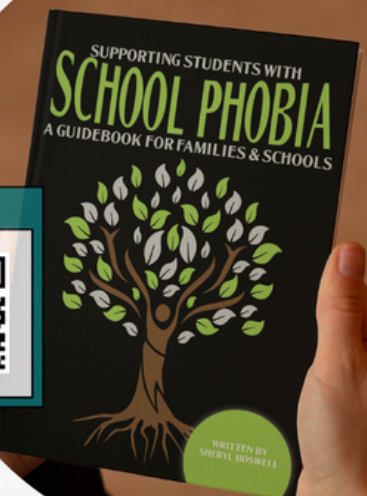


best practices in mental health & wellness

Supporting Students with School Phobia: A Guidebook for Families and Schools

Support students with school phobia who experience chronic absenteeism from school

For pre-order, visit www.ymhc.ngo/spg or scan the QR code



YMHC Workshops

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>

New Workshop Booking Request Form:

YMHC has created a new booking request form to streamline workshop booking. All information is on our website at <https://edu.ymhc.ngo/book-a-workshop>

YMHC Indigenous Conference

YMHC FULL-DAY INDIGENOUS Virtual Conference for Indigenous youth, schools & community organizations

Thursday, January 26
9:30 am EST to 3:00 pm EST



Register at

[ymhc.eventbrite.com](https://www.ymhc.eventbrite.com)

Workshops include:

- Building Sources of Strength & Resilience
- Wellness Strategies: Yoga, Mindfulness & Meditation
- Ohpikiwin: the journey to financial resiliency
- Creating a Mental Wellness Action Plan

If you would like to facilitate a workshop, contact
admin@ymhc.ngo

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Thank you for the enthusiastic response to our full-day virtual Indigenous conference. Many thanks to April Massie from Futurpreneur amassie@futurpreneur.ca and Monica Daza-Stephan from Zazen Studio for leading workshops in financial wellness and wellness strategies.



Waachiyaa - hello

I'm Jack Linklater Jr. I live in Attawapiskat, Ontario. I'm Cree. I'm proud to be. I live along the James Bay shorelines, the lowlands, the Mushkegowuk territory.

My message to you if you are having a hard time: Look to the trees as they show you to stand tall and proud.

Look to the rocks as they show you the strength you need.

Look to the river as it shows you to keep moving forward in life as it flows. And to never give up.

Look to the flowers as they show you the love you need; the colors.

Look to the grass as it teaches you forgiveness as it always grows and grows, no matter what, even if you keep stepping on it. It's there to show you to forgive. We matter.

Every living thing matters: the trees, the rocks, the flowers.

You matter.

Stay strong.



Youth Mental Health Canada



@youth_mental_health



@ymhchope2013



@YMHCCanada

RED VELVET COOKIES

Fluffy spiced sweet potato-packed muffins topped with a crunchy oat and walnut streusel.

Ingredients

- 1 cup unsalted butter, softened to room temperature
- ¾ cup light brown sugar, packed
- ½ cup granulated sugar
- 2 large eggs
- 2 tsp vanilla extract
- 1 tbsp red food coloring
- 2 ¾ cups all-purpose flour
- ¼ cup natural cocoa powder
- 1 tsp baking soda
- ¼ tsp salt
- 1 cup chocolate sprinkle buttons



 @freshandflavourful



Directions

1. Preheat oven to 350 F. Line 2 baking pans with parchment a silicone baking mat.
2. Cream together butter, sugar, and salt until light and fluffy, about 2 minutes.
3. Add in egg yolks and vanilla and mix until combined. Add the red food coloring and beat until incorporated.
4. In a medium bowl, whisk together the flour, cocoa powder, baking soda, and salt.
5. Add the dry ingredients to the wet ingredients and beat until just combined. Fold in ½ cup chocolate sprinkle buttons (reserving the remaining ½ cup for the tops).
6. Use a medium cookie scoop out 1.5-2 tablespoons of cookie dough. Use your hands to roll it into a ball. Place the cookie balls onto the lined baking sheet, spaced at least 2 inches apart.
7. Bake cookies for 9-12 minutes, until starting to brown on the edges but still soft or slightly underdone in the middle. After a minute, press an extra chocolate sprinkle button (or two!) on top of the cookies.
8. Leave on the baking sheet for 5 minutes, then transfer to a wire rack to cool completely.

Makes 24



Self Care Calendar



FEBRUARY 2023

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Jan 29

30

31

Feb 1

2

3

4

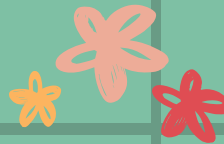


Write or doodle in a journal

Try a deep breathing exercise

Send someone a meaningful message

Take healthy breaks/go to sleep early



Write down 10 things you love about yourself!

Compliment a stranger

Treat yourself today!

Call a friend to catch up!

Make a list of new books to read

Practice/research about mindfulness

Sing along to some of your favourite songs!



Treat yourself to a homemade bath bomb

Smile at yourself every time you see your reflection today

Buy yourself some flowers!

Share a random act of kindness

Attend a YMHC event/check out some of YMHC's resources!

Put together a gratitude list

Leave kind notes for your family, friends & coworkers



Get crafty: enjoy some origami

Share a funny joke or story

Try a puzzle

Write down anything positive that happened today

Start your day off with a healthy breakfast

Create a bucket list

Arrange a board game night



Make a list of inspiring quotes

Watch a funny movie

Watch a motivational TedTalk

Mar 1

2

3

4



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 and change.

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



A bird doesn't sing because it has an answer;
it sings because it has a song. -- Maya Angelou



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Donate at www.ymhc.ngo/donate