

YMHC YOUTH MENTAL HEALTH CANADA

August Volume: An Overview

This volume includes information on YMHC events & activities, an August activity calendar, a new recipe to try, a workout of the month, mental health resources + more!

YMHC Plans 2023:

This year, YMHC will be working on the following plans:

- two school phobia training courses for Indigenous professionals
- Send digital fillable copies of our 3 mental wellness workbooks to 72 boards of education in Ontario.
- work with Indigenous professionals to create Indigenous mental health and wellness workshops to be accessible to all Indigenous organizations.
- donate mental wellness workbooks to local community organizations.
- Develop a marketing strategy to get YMHC workbooks and guidebook in libraries, Costco, Indigo, and schools across Canada.
- Produce pdf packages, signs, and products.
- And much more!

YMHC cannot do this alone! Please consider holding a fundraising event or donating to our Make Hope Happen campaign at

<https://ymhc.ngo/mhh>

HOPE



August Events

August Awareness Days:

August 4 - Cycle to Work Day

August 12 - International Youth Day



August 19 - World Humanitarian Day

August 26 - Women's Equality Day

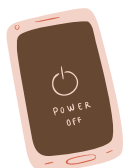
Wear It Purple Day - Last Friday of August

August 30 - National Grief Awareness Day

August 31 - International Overdose Awareness Day

Self-Care Tip

Know Your Personal Signs of Stress!
Sometimes self-care is about knowing when you're getting overloaded or overwhelmed, and responding in ways that prevent all-out burnout



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

YMHC YOUTH MENTAL HEALTH CANADA

Order at edu.ymhc.ngo



Print / Digital Fillable / Photocopiable

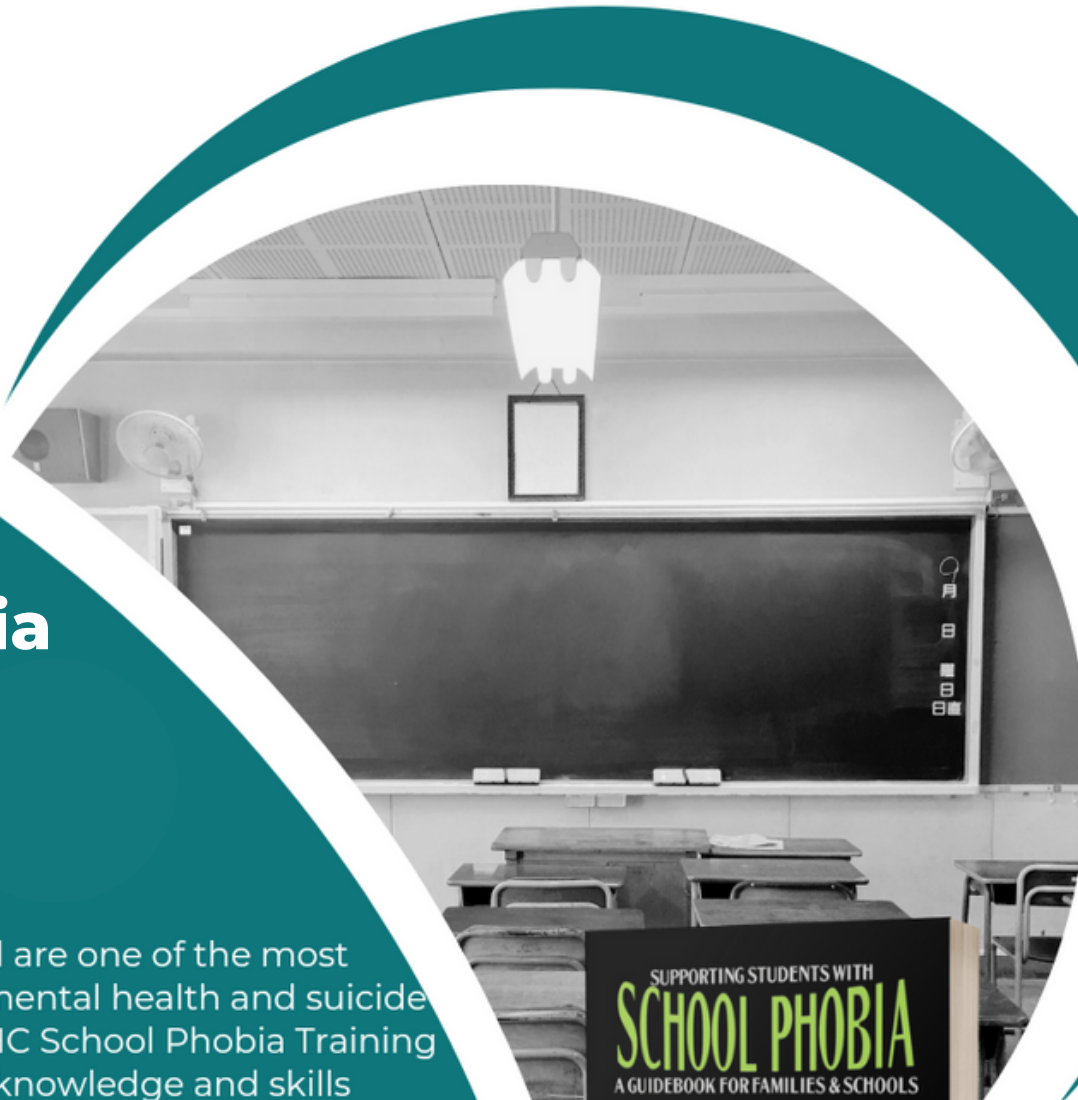
WE ARE HIRING

Part-time, Hamilton-based Operations Manager

As the Operations Manager, your role will be multifaceted, directly reporting to the Executive Director and the Board of Directors. You will be instrumental in organizational operations, volunteer recruitment and support, fundraising, donor management, and database and document processing.

Scan or visit
www.ymhc.ngo/join
to learn more





Indigenous School Phobia Training Course

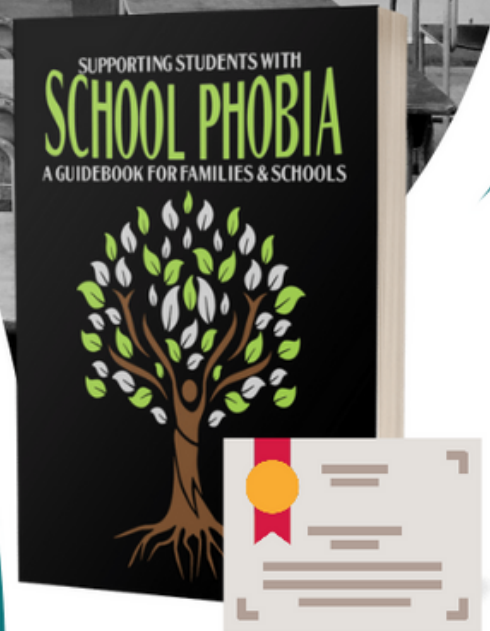
School phobia and refusal are one of the most pressing issues in youth mental health and suicide prevention. With the YMHC School Phobia Training Course, you can gain the knowledge and skills needed to support students who are struggling with mental health disabilities. Register now and become a part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



Wednesdays
August 23 to September 26
6:00 pm to 8:30 pm ET



Apply Online
www.ymhc.ngo/sptc

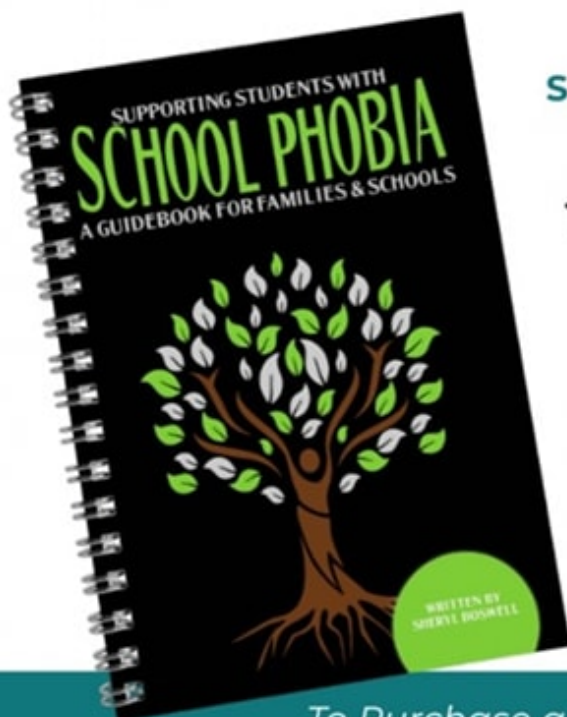


Subsidies are available for 25 participants.

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:

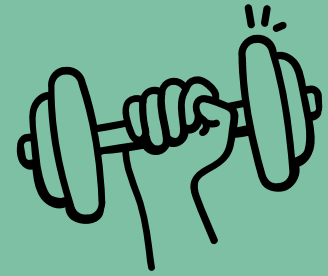
- Understanding School Phobia
- Support Strategies
- A Mental Wellness Action Plan
- Trauma-Informed Approaches
- A Whole School Approach
- Possible Educational Accommodations

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>

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.**



Star Jumps
(3 sets of 10 reps)

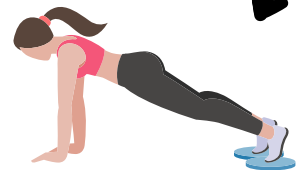


START
Knee Hugs
(20 per side)



Leg Kicks
(15 per side)

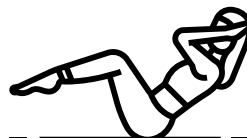
Repeat



Plank Hold
(45 seconds)



Squats
(3 sets of 15 reps)



V-Crunches (3 sets of 30 seconds)



GLUTEN FREE PEANUT BUTTER BLONDIES

Minimal ingredients transform into this gluten free dessert (you can't even tell its gluten free and there's a dairy free option)

Ingredients

- 1 cup peanut butter
- 1 large egg
- 1/3 cup honey or maple syrup
- 1/2 tsp baking soda
- 1/4 cup chocolate chips (dairy free if needed)
- Pinch of salt




Directions

1. Preheat oven to 350F. Line an 8X8 baking pan with parchment
2. Mix together the peanut butter, eggs, honey, salt and baking soda. Fold in the chocolate chips.
3. Spread the batter evenly in a thin layer in the 8X8 Baking pan and bake for 20-25 minutes, until golden brown on the edges and set in the middle. Allow to cool for 10 min before removing from pan. Wait until it is at room temperature (you can chill in the fridge if you want to speed this up) and slicing.

Makes 16

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

 Youth Mental Health Canada

 @youth_mental_health



  @freshandflavourful

YMHC Workshops

Fall Workshops

Parent Workshops
In-person & virtual workshops & resources to support parent councils in schools.

Creating a Mental Wellness Action Plan
In-person workshops with supplies to create action plans and self-care toolkits

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: starts Wednesday, August 23 (until September 26) for Indigenous Professionals

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

Register at www.ymhc.ngo/sptc



CALM DOWN

BINGO

YMHC

Youth Mental Health Canada

 <p>NAME MY FEELINGS</p>	 <p>DEEP BREATHING</p>	 <p>CENTRE MYSELF</p>	 <p>IMAGINE A QUIET PLACE</p>	 <p>CHILD POSE</p>	 <p>DRINK WATER</p>
 <p>CALL A FRIEND</p>	 <p>RUN</p>	 <p>5-4-3-2-1 GROUNDING TECHNIQUE</p>	 <p>HUG</p>	 <p>PAINT</p>	 <p>BLOW BUBBLES</p>
 <p>SMELL MY FAVOURITE SCENT</p>	 <p>SQUEEZE SOMETHING</p>	 <p>MENTAL VACATION</p>	 <p>COUNT BACKWARDS</p>	 <p>EXPLORE NATURE</p>	 <p>LEARN A NEW SKILL</p>
 <p>PET AN ANIMAL</p>	 <p>NOISE CANCELLING HEADPHONES</p>	 <p>STIMMING</p>	 <p>LISTEN TO MUSIC</p>	 <p>WRAP UP IN A BLANKET</p>	 <p>COUNT HEARTBEATS</p>

Self Care Calendar

CAMP

AUGUST 2023

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

30

Jul 31

Aug 1

2

3

4

5

Have a mid-year goals check-in

Make yourself your favourite meal

Start a summer themed colouring book

Bike to work today!

Send someone a meaningful message



6

7

8

9

10

11

12

Drink lots of water!

Try some puzzling

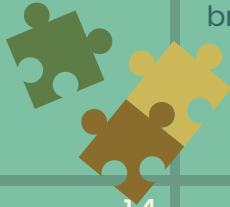
Plan an outdoor brunch with a friend

Check out some of YMHC's resources!

Take more breaks regularly

Make a list of things you are thankful for

Explore a new nature trail



13

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16

17

18

19

Enjoy some homemade popsicles

Sit outside and enjoy the sunset

Try out some nature photography

Incorporate healthy food choices in your meals

Sing along to some of your favourite songs!

Create or listen to a summer playlist!

Organize a camping trip or spend more time outside



20

21

22

23

24

25

26

Get creative: start a summer inspired DIY project

Arrange an arts night!

Protect your skin from the summer weather!

Call some friends/loved ones

Avoid drinking caffeinated drinks in the evenings

Pick some flowers from your garden for a loved one

Look for more ways to get involved in your community



27

28

29

30

31

Sep 1

2

Try out a new-to-you recipe/cuisine

Spend time with your pet(s)

Learn more about practicing mindfulness

Share a random act of kindness/Donate

Make a list of personal goals for next month





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



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

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-  edu.ymhc.ngo
-  schoolphobia.ymhc.ngo
-  www.ymhc.ngo/contact
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-  @ymhchope2013
-  @youth_mental_health
-  facebook.com/YMHCCanada
-  647.952.9642
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Make Hope Happen!
Donate at www.ymhc.ngo/donate