

# YMHC YOUTH MENTAL HEALTH CANADA

## April Volume: An Overview

Welcome to April!

This volume features information on YMHC events & activities, an April activity calendar, a healthy recipe, mental health resources + more!

### April Awareness Month:

Alcohol Awareness Month

National Autism Acceptance Month

National Child Abuse Prevention Month

Stress Awareness Month

Sexual Assault Awareness and Prevention Month

National Counseling Awareness Month

National Minority Health Month

### April Awareness Week:

National Family Volunteer Week (Apr. 16-22)

National Infertility Awareness Week (Apr. 23-29)

National Youth Violence Prevention Week (Apr. 24-28)

### April Awareness Day:

World Autism Awareness Day (Apr. 2)

World Health Day (Apr. 7)

National Alcohol Screening Day (Apr. 7)

Day of Silence (Apr. 14)

National Stress Awareness Day (Apr. 19)



## Mental Health Reminder

April is a month of transition and renewal. As the weather begins to warm up and the days grow longer, you might want to:

- set new goals for yourself This is a great time to clean and organize your home, start a new hobby, or take on a new challenge.
- enjoy the outdoors. Spend more time outside, enjoying activities such as hiking, biking, and gardening.
- reflect: The changing of the seasons is a reminder that life is always in motion, and that there is always something new to experience .



## Self-Care Tip

Eat a healthy snack: Your body requires fuel—a mixture of proteins, healthy fats, and carbohydrates—to stay healthy, balanced, and functioning. Instead of sugary snacks, which cause blood sugar to spike and crash, opt for quick and healthy alternatives like bananas with peanut butter, veggies with hummus, a handful of almonds, granola, or Greek yogurt with blueberries.



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

## YMHC Workshops

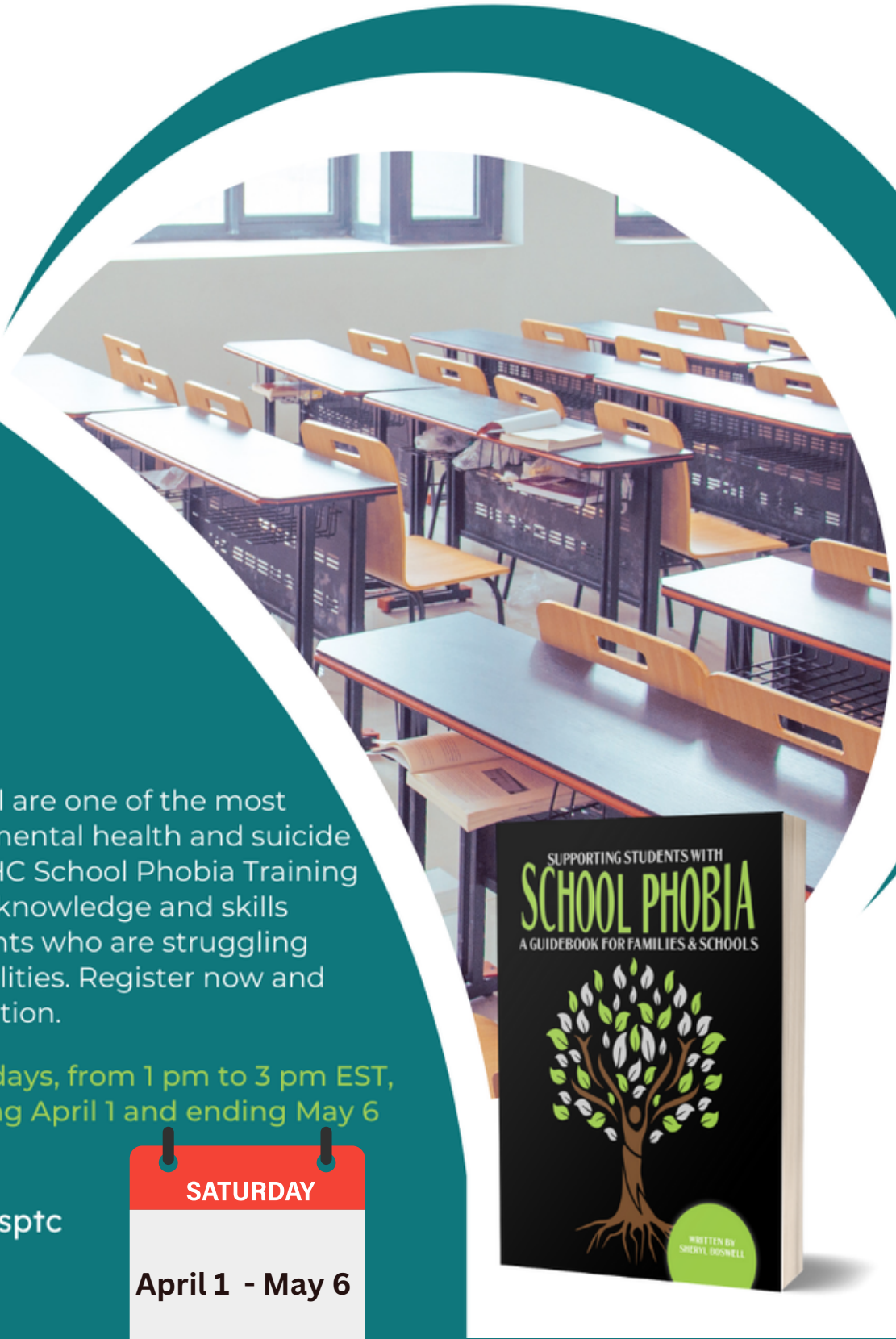
### Workshop & presentations

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

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

Register at [www.ymhc.ngo/sptc](http://www.ymhc.ngo/sptc)



## 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.

**ENROLL NOW**

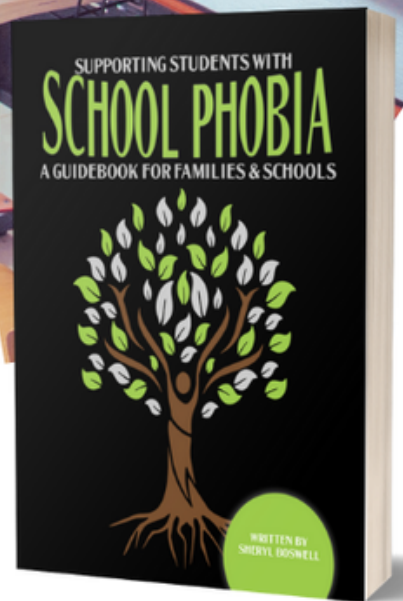
Saturdays, from 1 pm to 3 pm EST, starting April 1 and ending May 6



Apply Online  
[www.ymhc.ngo/sptc](http://www.ymhc.ngo/sptc)

**SATURDAY**

**April 1 - May 6**



# YMHC YOUTH MENTAL HEALTH CANADA

## WESTDALE

### YOUTH MENTAL HEALTH CANADA PRESENTS THE 'S' WORD 5:00 PM

**YMHC**  
Youth Mental Health Canada  
presents a

### MENTAL WELLNESS COMMUNITY EVENT

**SATURDAY MARCH 25**  
**THE WESTDALE**  
COMMUNITY MAGIC

1014 KING STREET WEST, HAMILTON, ON  
DOORS OPEN AT 5 PM / FILM BEGINS AT 7 PM

Join us for a community fair, film, light bites, networking opportunities, and panel discussion with leading mental health and suicide prevention advocates, professionals, and community organizations!

**FREE TICKETS AT:**  
EVENTBRITE  
[www.ymhc.ngo/2023fair](http://www.ymhc.ngo/2023fair)

**FOR MORE INFORMATION:**  
Please contact:  
[admin@youthmentalhealth.ca](mailto:admin@youthmentalhealth.ca)  
[www.ymhc.ngo](http://www.ymhc.ngo)

This event is co-sponsored with the generous support of:

### This Week At THE WESTDALE COMMUNITY MAGIC

SATURDAY MARCH 25	SUNDAY MARCH 26	MONDAY MARCH 27	TUESDAY MARCH 28
<p><b>6:00 PM</b> <b>BO-BEADY</b> A NEW COLORED EPIC A NEW COLORED EPIC A NEW COLORED EPIC</p> <p><b>7:00 PM</b> <b>THE S WORD</b> A NEW COLORED EPIC A NEW COLORED EPIC A NEW COLORED EPIC</p> <p><b>8:00 PM</b> <b>ONCE</b> A NEW COLORED EPIC A NEW COLORED EPIC A NEW COLORED EPIC</p>	<p><b>6:00 PM</b> <b>BO-BEADY</b> A NEW COLORED EPIC A NEW COLORED EPIC A NEW COLORED EPIC</p> <p><b>7:00 PM</b> <b>THE S WORD</b> A NEW COLORED EPIC A NEW COLORED EPIC A NEW COLORED EPIC</p> <p><b>8:00 PM</b> <b>ONCE</b> A NEW COLORED EPIC A NEW COLORED EPIC A NEW COLORED EPIC</p>	<p><b>6:00 PM</b> <b>BO-BEADY</b> A NEW COLORED EPIC A NEW COLORED EPIC A NEW COLORED EPIC</p> <p><b>7:00 PM</b> <b>THE S WORD</b> A NEW COLORED EPIC A NEW COLORED EPIC A NEW COLORED EPIC</p> <p><b>8:00 PM</b> <b>ONCE</b> A NEW COLORED EPIC A NEW COLORED EPIC A NEW COLORED EPIC</p>	<p><b>6:00 PM</b> <b>BO-BEADY</b> A NEW COLORED EPIC A NEW COLORED EPIC A NEW COLORED EPIC</p> <p><b>7:00 PM</b> <b>THE S WORD</b> A NEW COLORED EPIC A NEW COLORED EPIC A NEW COLORED EPIC</p> <p><b>8:00 PM</b> <b>ONCE</b> A NEW COLORED EPIC A NEW COLORED EPIC A NEW COLORED EPIC</p>

Take a picture of our calendar!

On Saturday, March 25th, our community came together to support youth mental health action efforts locally, provincially, and nationally. The event featured a screening of "The S Word," a powerful documentary that tackled one of the most challenging and silenced issues of our time, suicide. We were fortunate to have a panel discussion with leading mental health and suicide prevention advocates, professionals, and community organizations, including representatives from McMaster University, McMaster Children's Hospital, Suicide Prevention Community Council of Hamilton, St. Joseph's Hospital/COAST, and others. The event also featured a community fair with information tables from local mental health organizations. We are grateful to all the panelists, volunteers, donors, and community members who supported us. Your generosity helps us continue to advocate for needs-based, culturally sensitive, trauma-informed mental health supports, services, and educational accommodations for youth with chronic mental health disabilities.

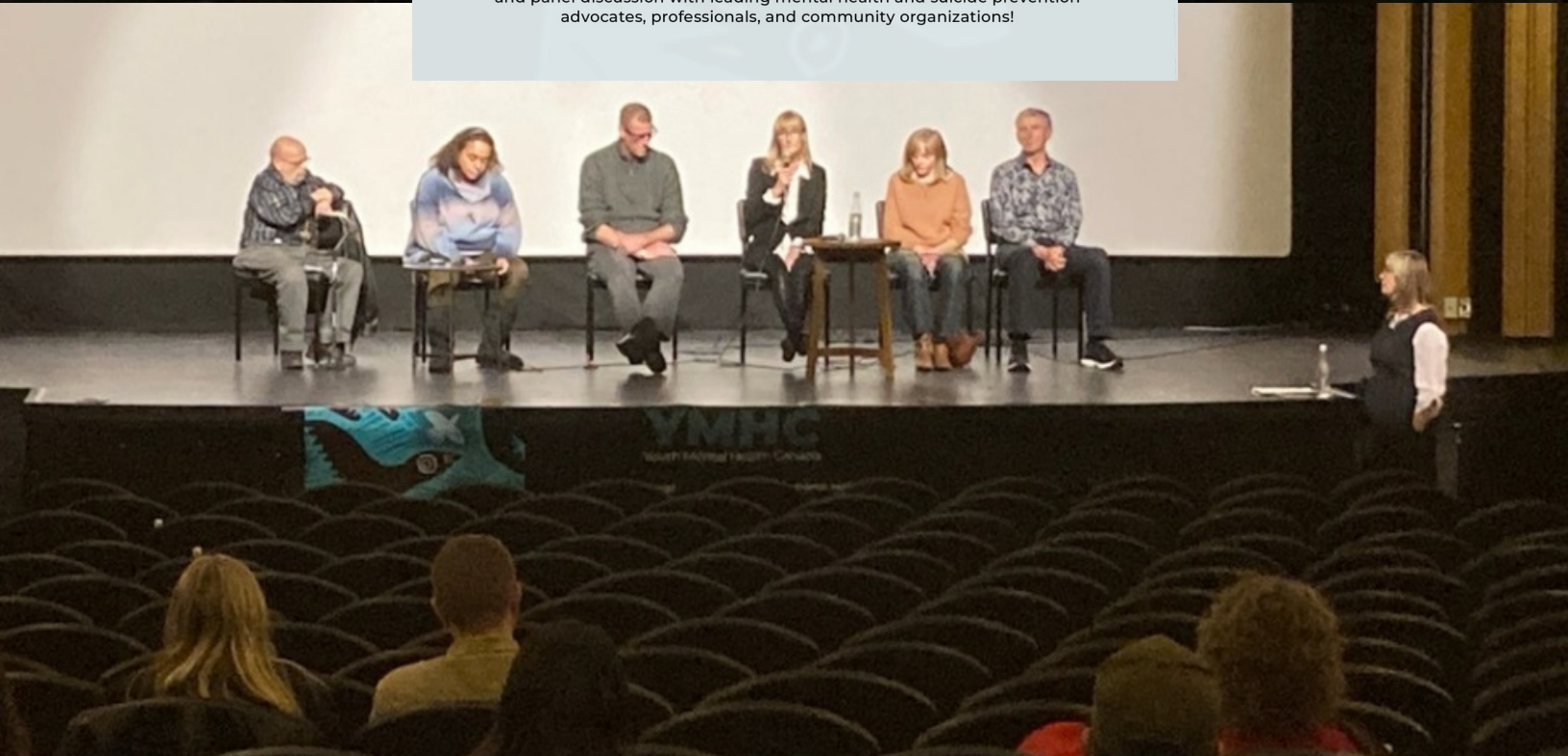
## MENTAL WELLNESS COMMUNITY EVENT



SATURDAY MARCH 25

The Westdale Theatre  
1014 KING STREET WEST, HAMILTON, ON  
DOORS OPEN AT 5 PM / FILM BEGINS AT 7 PM

Join us for a community fair, film, light bites, networking opportunities, and panel discussion with leading mental health and suicide prevention advocates, professionals, and community organizations!



# YMH C YOUTH MENTAL HEALTH CANADA

## Event Food Donors:



Main Street West



Upper James & Dundurn



## Event Sponsors:



## Event Graphic Design Support:



Rita B Design,  
Rita Bruno-Gallo

*Thank You*

## Talking about school phobia, avoidance & absence on The Agenda with Steve Paikin, March 29.

<https://www.tvo.org/video/why-are-more-ontario-students-avoiding-school>



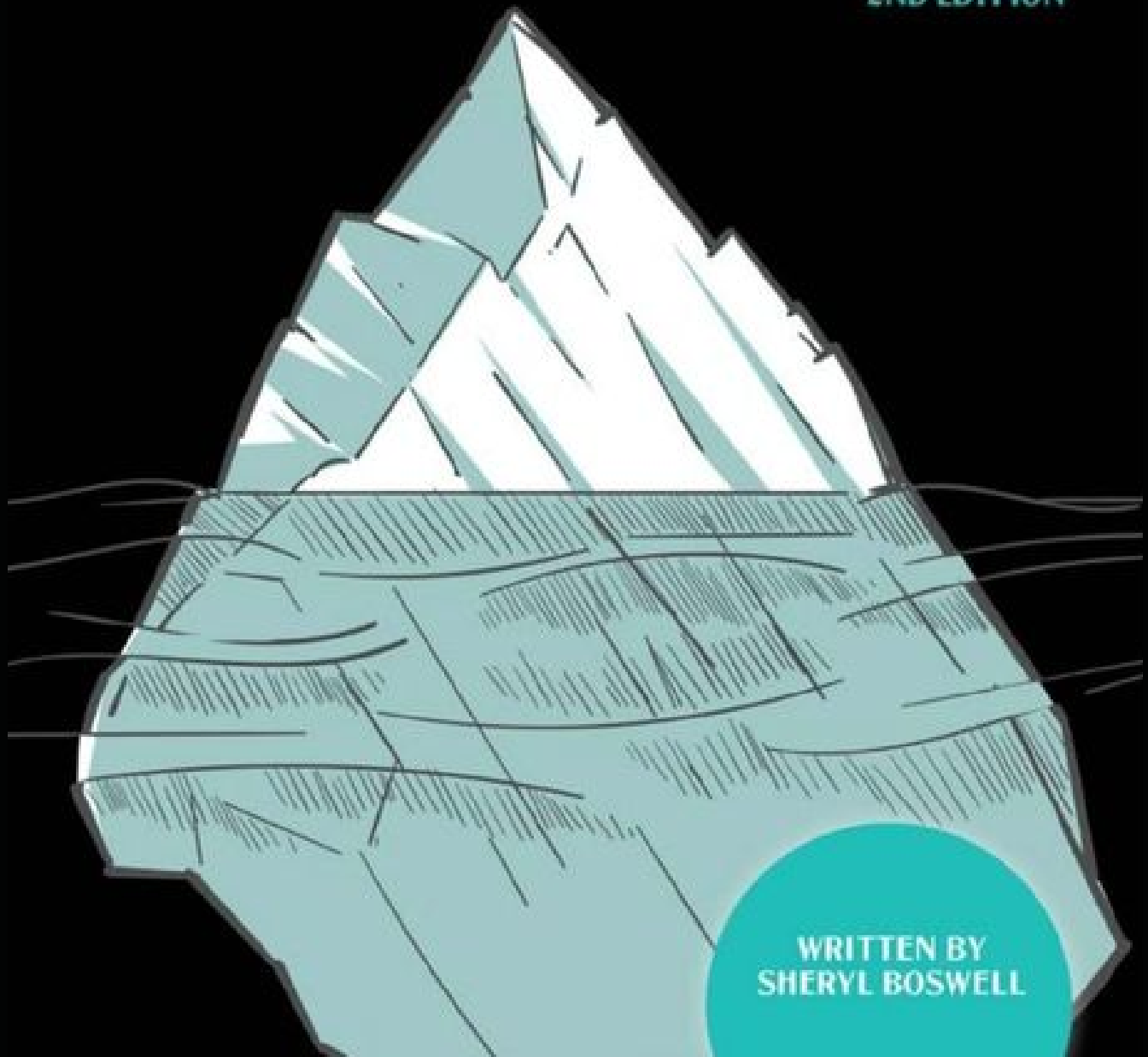
Scan to watch

**YMHC** YOUTH MENTAL  
HEALTH CANADA

# BENEATH THE SURFACE

A CREATIVE JOURNAL WORKBOOK

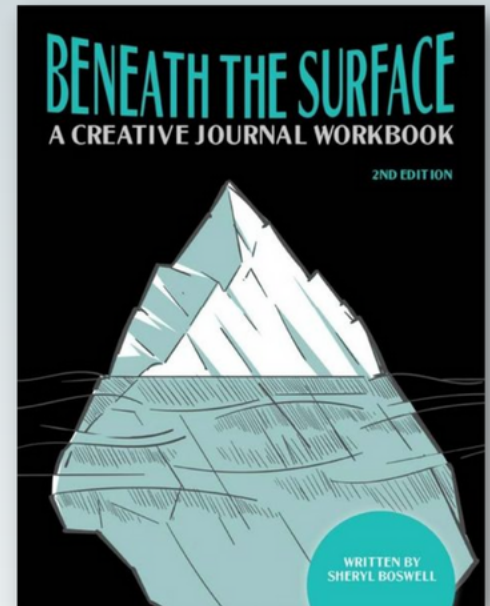
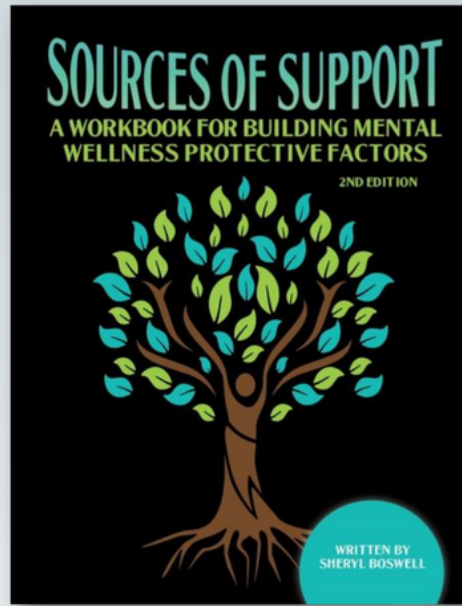
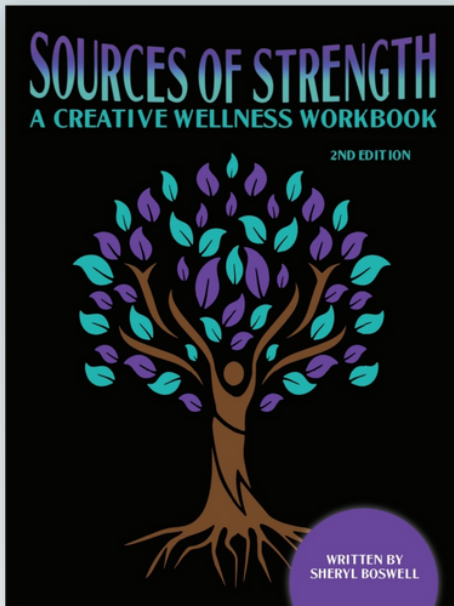
2ND EDITION



WRITTEN BY  
SHERYL BOSWELL



## Second Editions are now available!



- Evidence-based
- Peer-reviewed by international experts in youth mental health and suicide prevention
- Strength and hope-based "tools for wellness"
- Hands-on activities incorporating international best practices: Social Emotional Learning, Cognitive Behavioral Therapy, and Dialectical Behavior Therapy
- Practical, proactive, and preventative strategies to build mental wellness protective factors.
- Mental wellness workbooks provide a way to build mental health access, support, and awareness

ORDER HERE

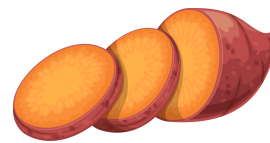
[edu.ymhc.ngo](http://edu.ymhc.ngo)

## VEGAN SWEET POTATO GNOCCHI

Try out these vegan, plant-based, dairy-free, egg-free gnocchi!

### Ingredients

- 2 small/medium sweet potatoes (about 350g)
- 1 cup flour + more for dusting
- 2 tbsp nutritional yeast flakes (optional)
- 1/2 tsp salt



### Directions

1. Prick the sweet potato a few times with a fork and microwave until soft, OR bake in the oven for 50-55 minutes
2. Peel the sweet potato, scoop the flesh into a bowl and mash until smooth. Add salt and nutritional yeast + mix. Add the flour and knead gently (don't over knead or it will become very sticky). Add more flour minimally, as needed (less flour = fluffier gnocchi!)
3. Transfer the dough to a floured working surface, form into a ball and divide into quarters. Form a long rope with each piece, rolling it on your floured surface. Cut the rope into 3 cm pieces.
4. Bring a large pot of salted water to a boil, add the gnocchi and cook until they float to the top of the water (2-3 minutes). Drain and toss with a little olive oil to prevent sticking.
5. On a large non stick skillet over medium heat, add the gnocchi and roast until golden-brown and crispy on the outside. Season with salt, pepper + oregano (optional) to taste! Serve with roasted or pan-fried tomatoes if you like + enjoy!

Serves 2-3



@freshandflavourful

# Self Care Calendar

# APRIL 2023

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

25

26

27

28

29

30

1

Share a funny post to some friends



2

Take a night/evening stroll

3

Create or listen to a spring themed playlist!



4

Try out a new exercise routine!

5

Check out some of YMHC's resources!



6

Sit outside & admire nature

7

Paint a picture inspired by your favourite colour



8

Take a trip to your favourite park

9

Find some cherry blossoms!



10

Make a short list of things you are thankful for this year

11

Watch a funny movie and have a laugh



12

Go on a hike or a bike ride!

13

Do some more spring cleaning!



14

Have an at home face mask + spa day

15

Plant some tulips/get yourself a plant



16

Sleep in/ Go to sleep early!

17

Admire the sunset & enjoy a podcast



18

Cozy up in a warm blanket and read!

19

Write a poem about your current feelings



20

Try out a new skill: crochet

21

Post encouraging notes around the house



22

Organize an Earth Day inspired scavenger hunt

23

Visit your local library



24

Take a warm bubble bath!

25

Call a friend/loved one



26

Drink more water!

27

Take some time for yourself & relax



28

Fix yourself a healthy meal

29

International Dance Day: Learn some new dance moves!



30

Set some personal goals for next month

May 1

2

3

4

5

# YMHC

Youth Mental Health Canada



**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)
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-  647.952.9642  
YMHC

**Make Hope Happen!**  
**Donate at [www.ymhc.ngo/donate](http://www.ymhc.ngo/donate)**

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