

YMHC YOUTH MENTAL HEALTH CANADA

January Volume: An Overview

Happy New Year! We hope you had a wonderful holiday break and start to the new year. This volume features a YMHC resource, December activity calendar, a healthy recipe, mental health resources + more! January is often seen as a time for a fresh start and reset - take the time to set some goals and reach out to friends and family!

Special days in January include:

- January 22: Chinese New Year - commencing the Year of the Water Rabbit.
- January 24: National Compliment Day - take the time to compliment a few of your friends, family, or even a stranger to make their 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/>

Join YMHC's Youth Advisory Group

YMHC's Youth Advisory Group will be working on a number of projects in the winter:

- A film screening at Westdale Theatre
- A mental health and wellness activity book
- A fundraising dinner for Mental Health Week in May 2023
- A workshop series

<https://ymhc.ngo/volunteers/join-advisory-group>



Self-Care Tip

Do something nice for someone else: Hold the door open for someone, pick up a piece of litter, buy lemonade from a neighborhood kid's stand, smile at a stranger...wait, isn't this supposed to be about you? According to research, acts of kindness boost the well-being of not only the giver but also the receiver and overall community. Want to take it a step further? There are many virtual volunteer opportunities (like volunteering with YMHC!) you can do from the comfort of your couch.

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

YMHC Full-Day Indigenous Virtual Conference

Thursday, January 26

11:00 am EST to 5:00 pm EST
9:00 am MST to 3 pm MST
8:00 am PST to 2 pm PST
10:00 am AST to 4:00 AST
9:30 am NST to 3:30 pm

Workshops include:

- Building Sources of Strength and Resilience
- Creating a Mental Wellness Action Plan
- Wellness Strategies: Yoga, Mindfulness, & Meditation
- Wetsuweten Wellness
- And much more!



Register at

ymhc.eventbrite.com

If you would like to provide a workshop at the conference, send an email to admin@ymhc.ngo

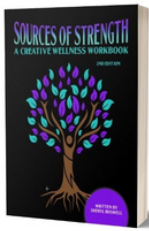
Book Challenge

1. With the name of a country in its name
2. Set in a country in Europe
3. Written one hundred years ago
4. Recommended by someone
5. Is considered a classic
6. Is part of a series
7. Is considered a children's classic
8. Won a Giller or Booker prize
9. Written by an Indigenous author
10. About mental health and wellness
11. Written by someone with lived experience of mental health challenges
12. Published in the year you were born
13. Set in your hometown
14. Translated from another language
15. Written by a female author
16. Has a one-word title
17. Written by a Black author
18. Set in Canada
19. Written by someone from Quebec
20. Focuses on life in a new country

2023



Mental Health Gift Guide

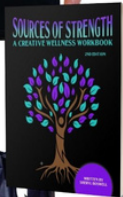


Mental Wellness Package #1

Sources of Strength Creative Journal Workbook and YMHC Bag

\$40

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Mental Wellness Package #2

Sources of Strength Creative Journal Workbook, YMHC Bag, and T-Shirt

\$65

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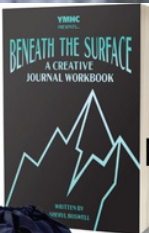


Mental Wellness Package #3

Sources of Strength Creative Journal Workbook, Beneath the Surface Creative Journal Workbook, and YMHC Bag

\$70

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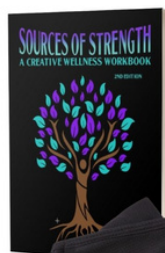


Mental Wellness Package #4

Beneath the Surface Creative Journal Workbook, blank YMHC notebook, and YMHC Bag

\$50

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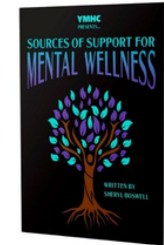
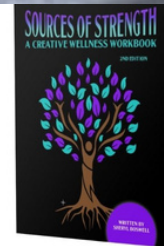


Mental Wellness Package #5

Sources of Strength Creative Journal Workbook, YMHC Mask, and YMHC Bag

\$60

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Mental Wellness Package #6

Sources of Strength and Sources of Support: two creative journal workbooks

\$55

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YMHC YOUTH MENTAL HEALTH CANADA

This January start the year with an empty jar. Each week add a note with a good thing that happened.

On New Year's Eve empty the jar and read about the amazing year you had.



2

0

2

3

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>

School Phobia Workshop Formats:

- One hour overview
- 3 Hour School Workshop
- 3 Hour Family Workshop
- Full day workshop

YMHC Goals for 2023

GOALS

1. Get a strong and supportive board that makes us grant-ready

Build a base of local volunteers

Organize fundraising events and campaigns

2. Hire a full-time Operations Manager
Provide more administrative, organizational and financial support for the Executive Director

3. Produce second edition of Beneath the Surface and the Mental Wellness Workbook
Produce two new guidebooks: Understanding and Supporting Youth Mental Health and Supporting Immigrant and Refugee Youth Mental Health

SWEET POTATO STREUSEL MUFFINS

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

Ingredients

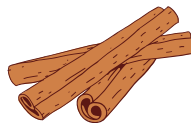
- 1 1/4 cup (160 grams) all-purpose flour
- 1 tsp (5 grams) baking powder
- 1 tsp salt
- 2 tbsp pumpkin pie spice
- 1/3 cup (75 grams) granulated sugar
- 1/2 cup (110 grams) packed dark brown sugar
- 2 large eggs (100 grams)
- 1/4 cup (60 grams) olive oil
- 1/4 cup (60 grams) milk
- 3/4 cup (1 medium) mashed roasted sweet potato, room temperature

Streusel:

- 3 tbsp brown sugar
- 1 tsp ground cinnamon
- 1/4 cup old-fashioned oats
- 1/4 cup chopped walnuts
- 2 tbsp softened butter



 @freshandflavourful



Directions

1. Preheat oven to 350°F. Prepare a 12 muffin tray with liners.
2. In a medium bowl, whisk together flour, baking powder, salt, and nutmeg.
3. In a large bowl, whisk together granulated sugar, brown sugar, and eggs. Whisk in oil and milk until well combined. Add sweet potato, and whisk until well combined. Add flour mixture, and fold until combined. Let stand for 5 minutes.
4. In a small bowl, stir together all streusel ingredients until it resembles a wet sand like crumble.
5. Spoon batter into prepared muffin cups, filling 2/3 full. Sprinkle with Oat-Walnut Streusel.
6. Bake for 25-30 minutes, until a toothpick inserted into the centre comes out clean.

Self Care Calendar

JANUARY 2023

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

1

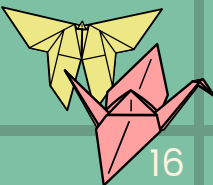
Reflect on the past year and set some goals for 2023!



2

Journal about your biggest inspiration

Get crafty: enjoy some origami



3

Art challenge: paint a picture inspired by your favourite movie



4

Treat yourself to your favourite restaurant

11

Check out some of YMHC's resources!



5

Spend some time with family/friends



6

Leave handwritten affirmations around your house/work station

13

Dance to your favourite music



7

Spend all day in your pajamas



8

Stay hydrated/fix yourself a healthy meal

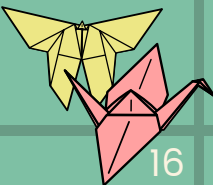
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Take some time for yourself & relax



9

Get crafty: enjoy some origami



10

Leave messages of appreciation to those around you

17

Clean out and organize your closet



11

Check out some of YMHC's resources!



12

Do a random act of kindness; donate some food/clothes!

19

Try some ice skating!



13

Dance to your favourite music



14

Compliment yourself every time you see your reflection

21

Enjoy a nice hot chocolate and read



22

Create a bulletin board of things that make you smile

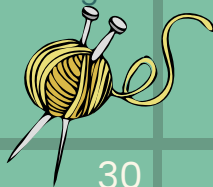
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Host a cookie decorating contest



23

Try out a new skill: knitting



24

Go on a winter hike

31

Have a winter movie night



25

Listen to an inspirational podcast



26

Try some morning yoga/meditation

2

3

4

Start a winter colouring book



28

Host a family dinner

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 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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