

April Volume: An Overview

Thank you for subscribing to the YMHC newsletter. This volume includes information on YMHC events and activities, a March self-care calendar, a new recipe, a workout of the month, mental health resources + and more!

Heart-to-Heart Campaign



- Request hearts and messages of support for your school.
- Let students who are absent from school because of mental health challenges know that they can request hearts and messages of support.
- Create a school or community project to sew hope and contribute hearts to our campaign!

<https://ymhc.ngo/heart-to-heart>

Welcome Spring!



Self-Care Tip

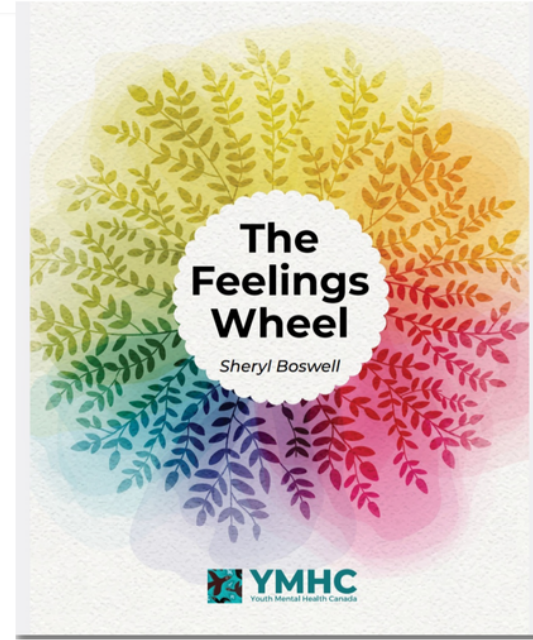
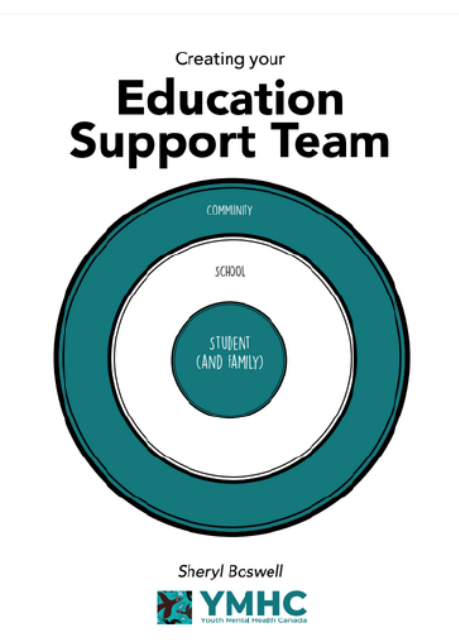
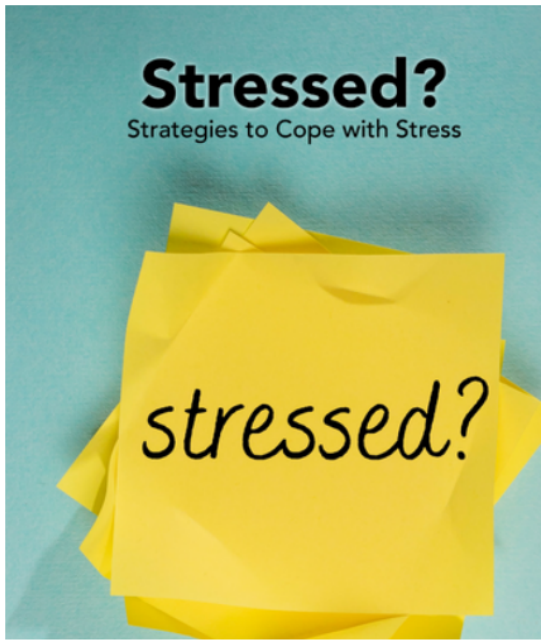
Practice Diaphragm Breathing

Calm and measured breathing can have immediate effects on your mental and physical state, whether the tension comes from the relentless news cycle or your ever-present housemates. Do your breathing practice regularly to start or finish your day in a positive way, or try it in a moment when you need a little more zen.



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

New YMHC Resources: Printables



YMHC now has printables available for purchase in our YMHC shop.

Stress booklet—learn all about what stress is, how it impacts the body, student stressors, and strategies to cope with stress.

The Feelings Wheel Booklet—learn about emotions and how to track them in many different unique ways.

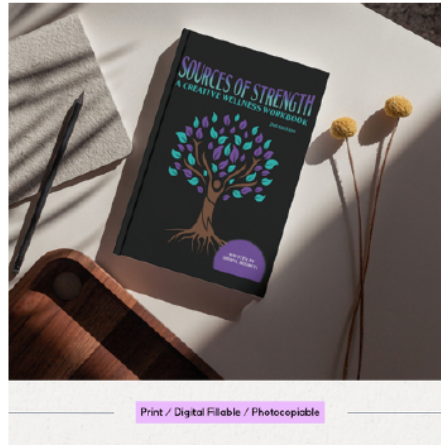
And our latest: Creating Your Education Support Team. Identifying school and community supports to support your education, health, and life.

Order here:



ymhc.ngo/collections/printable-booklets

April Resource Special



→ ORDER NOW

**Buy-One-
Give-One**

Purchase one YMHC print book and a book will be donated to an Indigenous community organization

**All donations of \$100
or more will receive a
digital workbook.**

Donate \$100 or more to www.ymhc.ngo and you will receive a digital booklet/printable.

**Save \$100 with
Bulk Orders of
20 Workbooks**

Purchase 20 print copies of any workbook and save \$100.

ymhc.ngo/workbooks



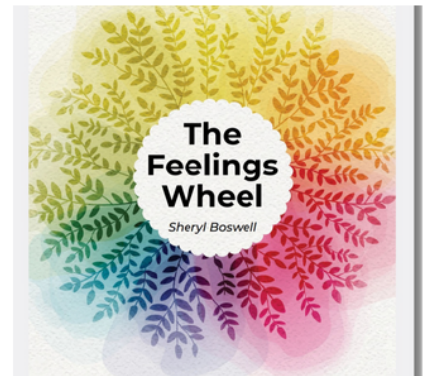
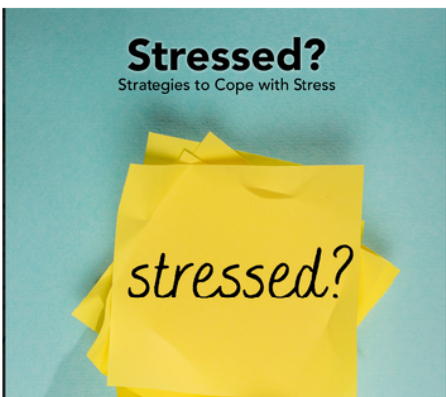
Create Your Own Personal Wellness Toolkit



Create your personal wellness toolkit today!




FREE gift valued at \$20 when you purchase over \$50.



ymhc.ngo/pwt 



YMHC Mental Health Resource Subscription Service

IDEAL FOR ...



Ideal for families, educators & mental health professionals. Activities include a self-care calendar and mental wellness planner, healthy recipes, workouts, fun activities, and worksheets.



Subscriber-Only Perks: Free weekly downloads of activities



Subscriber-Only Perks: Free monthly workshop on a wide range of topics related to mental health and wellness

YMHC Mental Health Resource Subscription Service is ideal for families, educators & mental health professionals. You will receive weekly downloads of activities. Activities include a self-care calendar and mental wellness planner, healthy recipes, workouts, fun activities, and worksheets. We will also hold monthly workshops on a wide range of topics related to mental health and wellness.



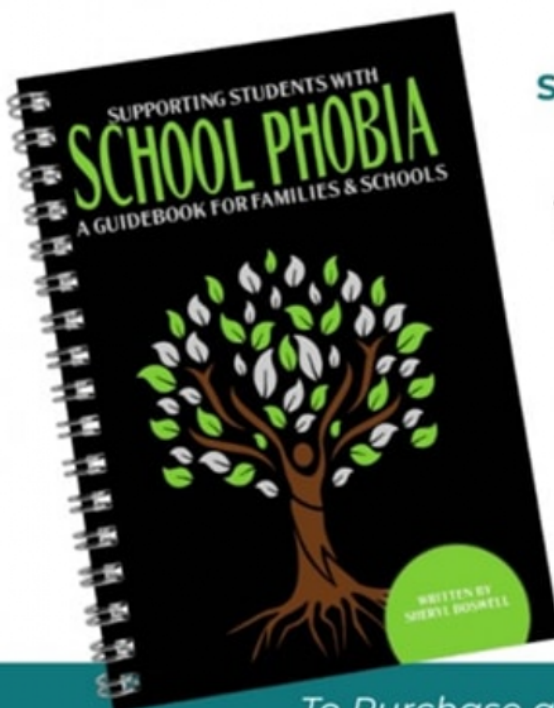
ymhc.ngo/ress



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 :*

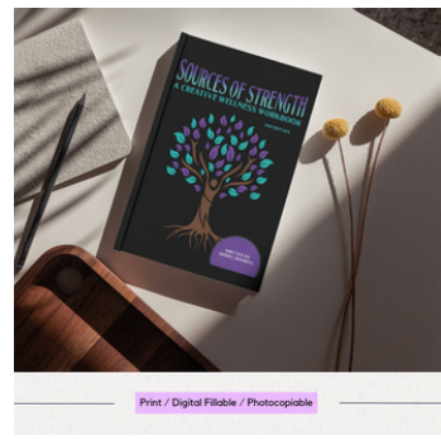
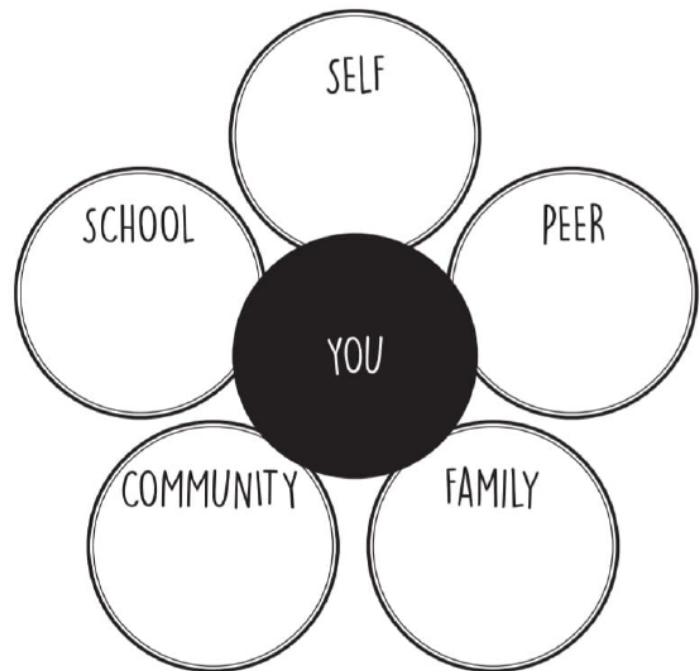
<https://schoolphobia.ymhc.ngo>

What are Your Protective Factors?

List your family members, friends, school supports, community supports, housing positives, personal skills, qualities and strengths and healthy habits that support you and your mental health and wellness.

Add examples in the circles around the big circle that is YOU.

This hands-on activity is from Sources of Source Creative Journal Workbook.



YMHC has 3 creative journal workbooks!



www.ymhc.ngo/workbooks

Make Hope Happen: Become a Monthly Donor



Join our Monthly Donor Club!



\$20/month: 1 printable



\$25/month: 1 workbook



\$30/month: 1 workbook for 12 students



\$50/month: 2 mental health resource subscriptions for teachers



\$50/month: 2 mental health subscriptions for 2 families



\$90/month: 3 workbooks to a n Indigenous Community



www.ymhc.ngo/mhh

WORKOUT OF THE MONTH



1. Standing Hip Openers and Closers



2. Walking Lunges



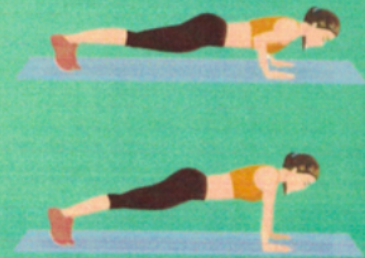
3. DB Squats



4. Single Arm Bent-Over Row



5. Push Ups



6. Wall Angels



7. Standing Arnold Press



8. Leg Lowerers



9. Low to High Plank



10. Farmer's Carry



This functional workout includes components of strength, stability, and mobility, and it requires minimal equipment (dumbbells only)! This workout can be beneficial for all individuals, regardless of age or experience.

GLUTEN FREE COCONUT MACAROONS

This recipe has only 5 ingredients, making it the easiest gluten-free snack.

Ingredients

- 4 egg whites
- 1/2 cup granulated sugar*
- a dash of salt, around 1/8-1/4 tsp
- 1 tsp vanilla extract
- 4 cups unsweetened coconut, shredded
- *if using sweetened, use 1/3 cup sugar



Directions

1. Preheat oven 350 degrees. Line a baking sheet with parchment paper.
2. In a large bowl, add egg whites, sugar, salt, almond extract, and vanilla extract.
3. With a hand mixer, beat egg white mixture until thick and frothy, about 2-3 minutes.
4. Add coconut to egg white mixture, and stir until combined.
5. With a small cookie scoop or two spoons, scoop the macaroons into 1" balls. Place on the baking sheet, about 1-2" apart.
6. Bake for about 20-25 minutes, or until the macaroons are golden brown.
7. Enjoy!

Makes 12



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



APRIL 2024

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



1
April Fools Day



2
Autism awareness day



3
Try to spot a rainbow today



4
Eat some fruits and veggies today



5
Snuggle an animal



6
Have your favourite meal



7
World Health Day



8
Take centring breaths



9
Eid al-Fitr

10
Make a list of all you completed today



11
Find houseplants you like

12
Plan meals for next week



13
Watch your favourite movie



14
Do your laundry



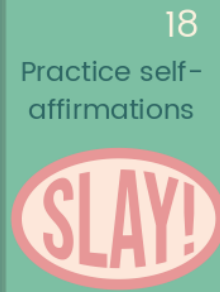
15
Find a reason to laugh



16
Learn something new



17
Eat a plant-based meal



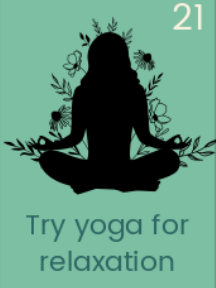
18
Practice self-affirmations



19
Reconnect with your body



20
Listen to a podcast



21
Try yoga for relaxation



22
Drink water instead of coffee



23
Use your phone less



24
International Guide Dog Day



25
Do something just for fun



26
Hug a friend or family member



27
Clean your bedroom



28
Take time for psycho-education



29
International dance day



30
Try out monthly workout



YMHC

Youth Mental Health Canada

Mental Health and Wellness Education for Resilience, Positive Change, and Hope

YMHC is a community-based, youth and educator-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.



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CRA-eligible receipts available

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Make Hope Happen!

www.ymhc.ngo/donate