

YMHC YOUTH MENTAL HEALTH CANADA

July Volume: An Overview

This volume features information on YMHC events & activities, a July activity calendar, a healthy recipe, a workout of the month, mental health resources + more!

July arrives as a month of vibrant energy and transformative potential. It's a time when nature flourishes, and the world seems to come alive with endless possibilities. In this edition, we celebrate the unique spirit of July, inviting you to embrace its warmth, joy, and the opportunity for personal growth it brings. In July, the days stretch out, allowing for leisurely moments of relaxation and exploration. It's a time to bask in the sunshine, to feel the soft grass beneath your feet, and to revel in the beauty of nature's blossoming tapestry.

Through insightful resources and practical exercises, we aim to help you navigate the transitions in your life with confidence.

This beautiful Indigenous flag was designed by Kwakwaka'wakw artist Curtis Wilson.



July Events

July Awareness Month:
BIPOC Mental Health Awareness Month
Disability Pride Month

July Awareness Week:
Alcohol Awareness Week (July 3-9)
National Marine Week (July 23-August 7)

July Days:
July 1 - Canada Day
July 4 - Independence Day (USA)
July 24 - International Self Care Day
July 30 - International Day of Friendship

Self-Care Tip

Prioritize Sleep — Your Mood and Immune System Are Counting on It
When it comes to taking care of your health and well-being, sleep is pretty much always part of the answer.



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

YMHC YOUTH MENTAL HEALTH CANADA

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Print / Digital Fillable / Photocopiable

Zones of Regulation

Blue

sad

Green

happy

Yellow

worried

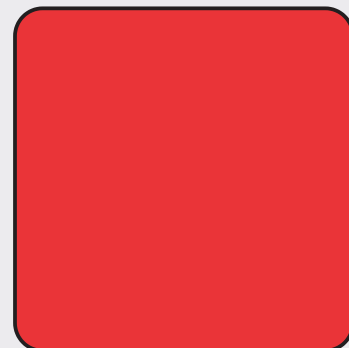
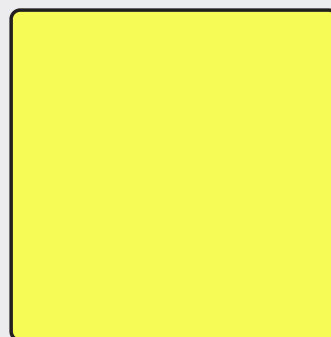
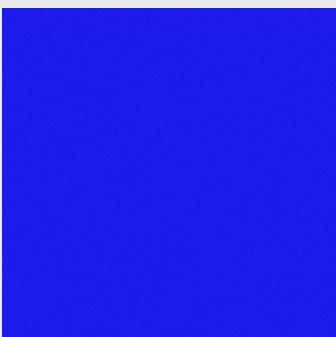
Red

angry

Think of feelings related to each color & zone and add them in the box.

Think of coping strategies for each color & zone and add them in the box.

From the Zones of Regulation website: The Zones of Regulation is the original framework and curriculum (Kuypers, 2011) that develops awareness of feelings, energy and alertness levels while exploring a variety of tools and strategies for regulation, prosocial skills, self-care, and overall wellness.





SCHOOL PHOBIA TRAINING COURSE

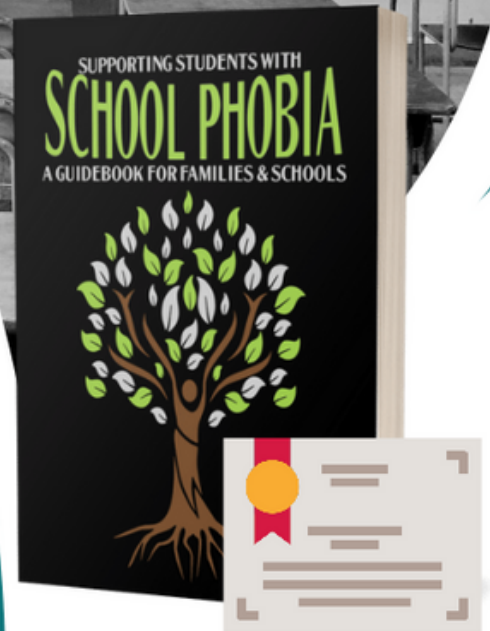
School phobia and refusal are one of the most pressing issues in youth mental health and suicide prevention. With the YMHC School Phobia Training Course, you can gain the knowledge and skills needed to support students who are struggling with mental health disabilities. Register now and become a part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



Wednesdays, from 7 to 9 pm EST,
Starting August 23



Apply Online
www.ymhc.ngo/sptc



School Phobia Guidebook

 Print


CA\$ 45

 Digital Fillable
(Interactive Fields)

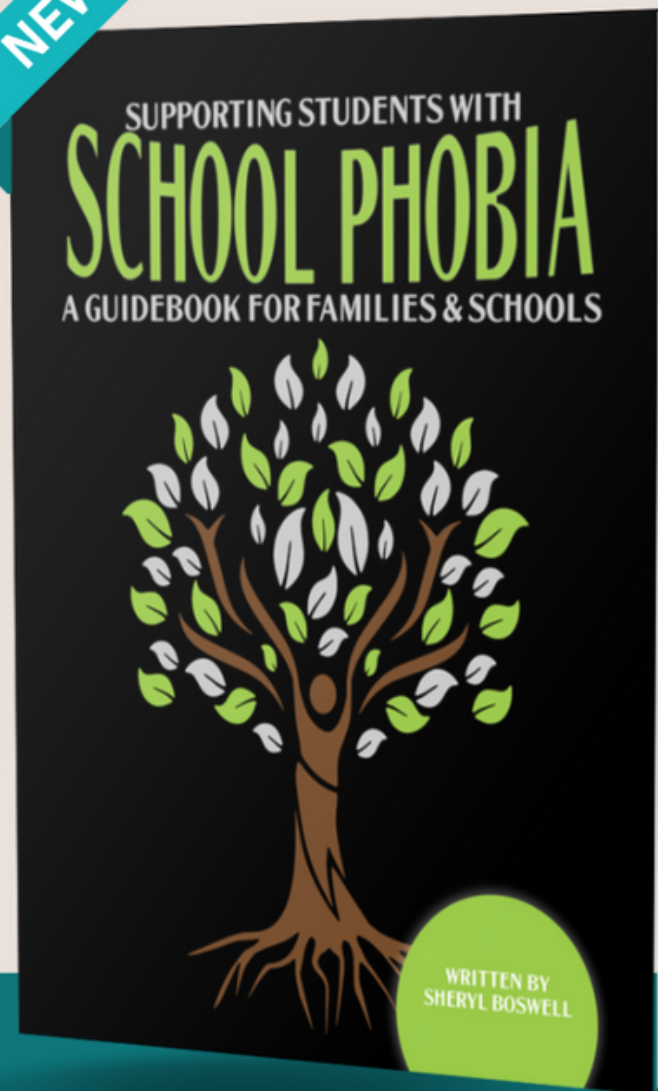
CA\$ 40

 Photocopiable

CA\$ 120

 Languages available:
English, French (coming soon)

NEW



Order Online:

edu.ymhc.ngo/catalog

July Is **BIPOC** Mental Health Month

B - Black
I - Indigenous and
P - People
O - Of
C - Color

- 38.3% of Black Canadian residents with poor or fair self-reported mental health used mental health services compared with 50.8% White Canadian residents (between 2001 and 2014).
- Based on a 2018 survey of 328 Black Canadian residents
- 60% said they would be more willing to use mental health services if the mental health professional were Black.
- 35.4% were experiencing significant psychological distress, 34.2% of whom never sought mental health services.
- 95.1% felt that the underutilization of mental health services by Black Canadian residents was an issue that needed to be addressed, Mental Health Commission of Canada, 2021
- Indigenous peoples in Canada have worse mental health outcomes than non-Indigenous Canadians
- 25% of Indigenous peoples in Canada suffer from addiction, compared to 17% of the general population¹.
- Suicide rates in Indigenous youth are six times higher than in non-Indigenous Canadian populations². However, the majority of off-reserve First Nations people (60%), Métis (64%), and Inuit (53%) aged 18 and older reported excellent or very good mental health. Harvard International Review,



WORKOUT OF THE MONTH

a simple no equipment workout to keep you strong! All you need is about 20m of space. Do 3 sets of each exercise with 30-60s between sets.

START



Lunge with a twist
3 sets of 15 (each side)



V Sit Up Hold
3 sets of 20 seconds



Opposite Toe Reach
3 sets of 16 (each side)



Side Plank Leg Lifts
3 sets of 12 (each side)



Clapping Push-Ups
3 sets of 12



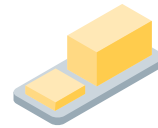
Alternating High Knees
3 sets of 30 seconds

VEGAN SALTED BANANA BROWN BUTTER COOKIES

Ripe bananas + a hint of salt + chewy texture = delicious!

Ingredients

- 1 cup salted butter or vegan substitute
- 1/2 cup brown sugar
- 1 cup white sugar
- 1-2 bananas (ripe, about medium size)
- 2 tsp cinnamon
- 1 tsp vanilla
- 2 1/4 cup flour
- 2 tsp baking powder
- 1/2 cup chocolate chips



Directions

1. Preheat oven to 375F.
2. In a small saucepan, brown 1/2 cup of the butter until it is a deep, almost dark gold brown. Set aside to cool.
3. In the bowl of a stand mixer, add the other 1/2 cup of butter. Add the brown butter in the bowl as well. Then add the brown sugar and white sugar. Use the paddle attachment of the mixer to mix on medium. Mix for about 3-4 minutes or until the mix is light and fluffy.
4. Mash the banana and cinnamon together until the banana is a smooth purée.
5. Add the banana mixture and the vanilla to the mixer. Mix on medium speed until the banana is fully incorporated.
6. Stop the mixer and add the dry ingredients a little at a time to the dough, using a spatula to mix it in until smooth. When the dry ingredients are fully incorporated, add in the chocolate and mix. The dough will be fluffy.
7. Line a large baking sheet with parchment paper. Use a small cookie scoop and leave plenty of room (2 inches) for cookies to spread.
8. Bake 13-14 minutes, they should look slightly underdone but take them out and smack the baking sheet on the counter a few times to help flatten the cookies. Option to sprinkle with flakey salt to finish.
9. Let the cookies cool for 15 minutes before eating.

Makes 12

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: new course starting in August

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

Register at www.ymhc.ngo/sptc

Self Care Calendar

JULY 2023

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Jun 25

26

27

28

29

30



Jul 1

Share a funny post to some friends



2
Spend some time outside & admire the nature around you

3
Paint a picture inspired by your favourite colour



4
Try out a new exercise routine!

5
Check out some of YMHC's resources!



6
Enjoy a healthy meal & stay hydrated

7
Create or listen to a summer playlist!



8
Watch a funny movie and have a laugh

9
Check out your local farmer's market



10
Organize a picnic!

11
Protect your skin from the summer weather!



12
Go on a hike or a bike ride!

13
Go out for some ice cream!



14
Go sightseeing around your city!

15
Plant some tulips/get yourself a plant



16
Sleep in/Go to sleep early!

17
Go out for a swim!



18
Take a trip to your favourite park

19
Write a poem about your current feelings



20
Have an at home face mask + spa day

21
Visit an amusement park



22
Post encouraging notes around the house

23
Try some summer inspired doodling



24
Spend some time with loved ones

25
Admire the sunset & enjoy a podcast



26
Make a short list of things you are thankful for

27
Take some time for yourself & relax



28
Go on a hike or ride your bike

29
Learn some new dance moves!



30
Set some personal goals for next month

Aug 1

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 ME



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

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-  647.952.9642
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Make Hope Happen!
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