



May 2019

To Schools/Communities

May 7th is Child & Youth Mental Health Day in Canada. 12 years ago, this important day was started by 2 moms and each year FamilySmart® continues to celebrate and grow our message to support the mental health of children and youth.

May 7th is about having caring conversations and making connections between children, youth and caring adults in their lives. Caring Connections enhance the mental health of children and youth and it is part of their overall health.

This year's theme is 'I care about the whole you'. It's important to communicate that a child's well-being is not just physical - their whole health is about their heart, mind, and body. All these pieces add up to the whole, wonderful person! We want to encourage children and youth to think of their whole health and to talk about how we can pay attention to and take care of our whole selves.

What will the day look like?

This year there will be a variety of different things happening that you can participate in on National Child & Youth Mental Health Day.

Watch out for:

An interactive activity that you can use in your classroom/school/community to engage children and youth in dialogue and related activities about their whole health.

Downloadable materials including posters, and other printed items.

Colourful wristbands for giveaways.

PopSockets (for phones) available for a small donation of \$4 each (minimum order of 10 - pickup only) or \$50 for 10 that includes shipping and handling.

If you are interested in participating in National Child & Youth Mental Health Day we invite you to visit our site: <https://familysmart.ca/may7icare> to view and order materials.

Thank you for your participation.

FamilySmart®