

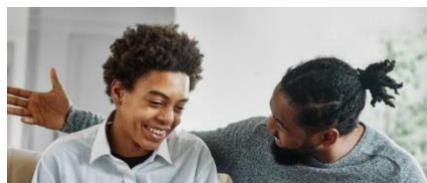
Content for Parent Newsletters

HEALTH PROMOTING SCHOOLS

May 2025

MENTAL HEALTH

Mental Health Week - May 5-11, 2025



Information for Parents and Caregivers

When young people face challenges, it can be hard to know what is going on and how to help. Having a conversation is a great place to start. It lets them know they don't have to deal with challenges on their own. You don't need to have all the answers. Being willing to listen and being open, curious and compassionate are what matter the most. For tips to starting a conversation and other youth mental health resources see: [Talking to Youth About Mental Health | BC Children's Hospital](#)

Online Event for Parents and caregivers: Finding and Creating Connection With Kids

May 6 @ 6:30 pm - 7:30 pm PD

Connecting with kids can feel challenging, especially when they are struggling with their mental health. Whether we are a parent or a caring adult in a young person's life, what we say and do matters. Simple, caring conversations and shared moments—no matter how small—can have a meaningful impact.

Join us online for a candid conversation with parents who have navigated these challenges firsthand. They'll share their experiences, struggles, and the ways they've found to stay connected—even when it feels impossible. These parents are also Family Peer Support workers, offering guidance to other families facing similar journeys.

To register see: [Finding and Creating Connection With Kids - FamilySmart](#)



National Child & Youth Mental Health Day is May 7th

Whether you're a parent, caregiver, teacher, or community member, there are so many ways to get involved and show children and youth that you care.



MAY 7TH

National Child
& Youth Mental
Health Day

- ♥ Join our free online events
- ♥ Download conversation guides for your classroom or home
- ♥ Share about National Child & Youth Mental Health Day on social media and use the hashtag #may7icare to spread awareness

Explore all the ways to participate at [may7icare.ca](#)

Canadian wide youth MHSU early intervention survey open now to young folks

Help improve access to mental health and substance use services for other young people by sharing your past experiences. The Canadian Institute for Health Information (CIHI) is working with federal, provincial and territorial governments to understand the experience of youth age 13 to 24 with mental health and substance use services. Your responses can help shape how these services can be improved.

25 questions-10 minutes to complete-chance to win a \$100 gift card
For more information see: [Use Your Voice | CIHI](#)

Your voice can help others.

Your voice can help others

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[Take the survey](#)

[Privacy policy and terms of use](#)



PHYSICAL LITERACY

RISE Individual Grants

[RISE Individual Grants](#) support all Children and Youth in and out of Care (under the age of 27) who wish to participate in a sport, physical activity, recreation, and/or cultural program opportunity. Up to \$1000 per calendar year can be put towards program cost, equipment and travel.

Application Deadline: Ongoing