

Dear Parents,

We are pleased to announce that this year we will be offering the Open Parachute Mental Health Program to our students. This program addresses issues of stigma surrounding mental health in young people, encourages help-seeking, and creates a culture of mutual support and respect for any struggles that students may face. Open Parachute was developed by Dr Hayley Watson, an adolescent clinical psychologist, who has been developing mental health programs across Canada and internationally for the past 15 years.

There are video-based resources to provide you, as a parent, with practical tools for supporting the well-being of your child at all stages of their life. These resources can be accessed by following the link in the attached flyer, and creating your own FREE account.

Message from the founder, Dr Watson:

"I am so pleased that your child is taking part in this program. I developed this resource because I want every child to learn practical mental health skills, so they can live life to their fullest potential. This program aims to build a strong foundation of resilience so that your child can learn to trust in their own abilities, relate to their own feelings in a healthy way, and change any unhelpful thoughts and/or behaviour patterns that may hold them back at any point in their lives."

It is normal for your child(ren) to have feelings stirred up throughout the course of this program, as we are intentionally providing a space where they can address challenging issues in a safe, nurturing, and supportive environment.

These conversations can also continue at home if you and your child would like to explore these topics further – the video-based resources for parents can help guide these discussions. At any point during the program, if you have any questions or feedback, one of Open Parachute's trained psychologists would be happy to speak with you directly to further support the well-being of your child.

Dr. Hayley Watson is coming to Prince George on November 3 2022!

Dr. Watson will host an information session (see below) for parents, caregivers, guardians and anyone else who cares for children in our education system. The presentation will be located at Vanier Hall (located in the Prince George Secondary School Building) from 6:30pm to 7:30pm.

Building Resilience: The 4 Simple Steps to Helping your Child Thrive

This session will provide parents with an understanding of the barriers to childhood and adolescent resilience. Parents will learn practical tools and strategies for helping their child overcome challenges, change limiting self-beliefs, and make proactive choices for their own wellbeing. In addition, parents will be introduced to the Open Parachute's online parent resource they can access any time for further support.

We hope to see you at Vanier Hall on November 3rd for an evening of wonderful learning!