

Strategies for Supporting Student Mental Wellness

A Mental Health Literacy Workshop



When it comes to supporting child and youth mental wellness, improvements in mental health literacy can have a number of benefits including prevention, early recognition and intervention, and the reduction of stigma and discrimination.

Join us on **January 19th** for an informational workshop on supporting youth mental wellness in the school setting. The session will be offered at two different times at the **Van Bien Training and Development Centre** (311 Wilson Crescent):

- **3:30-5:00 p.m.** - This session is intended for school professionals and others who work in the school setting. (Register through PD Reg.)
- **7:00-8:30 p.m.** - This session is designed for parents, youth and community members. (To register, please contact Cindy Morris at Student Support Services for School District 57. She can be reached at (250) 561-9235 or cmorris@sd57.bc.ca.)

The workshop will be delivered by members of the Health Literacy Team and the Kelty Mental Health Resource Centre at BC Children's Hospital. The [Kelty Mental Health Resource Centre](#) has a variety of resources and services available to help support educators and promote student mental wellness.

The workshop will include:

- An introduction to talking about mental health
- Exploration of the [Stop Wondering, Start Knowing School Video Resource](#)
- Resources for supporting students experiencing mental health challenges
- Strategies for promoting overall wellness