

# Wellness at Outreach, Home-Based School, & Distance Learning

## Mental Health Week: May 2-8, 2022

### 2022 Focus: Empathy ~ 2022 Hashtag: #GetReal



*Listen to understand, not to respond.*

#### Reducing the Stigma Around Mental Health

- Know the facts. [Educate yourself](#) about mental illness including substance use disorders.
- Be aware of your attitudes and behaviour. Examine your own judgmental thinking, reinforced by upbringing and society.
- Choose your words carefully. The way we speak can affect the attitudes of others.
- Educate others. [Pass on facts](#) and positive attitudes; challenge myths and stereotypes.
- Focus on the positive. Mental illness, including addictions, are only part of anyone's larger picture.
- Support people. Treat everyone with dignity and respect; offer support and encouragement.
- Include everyone. It's against the law to deny jobs or services to anyone with these health issues.

#### Mental Wellness How to Talk About It

##### Resource: [Talking to Others](#)

- Talking to Teens about Mental Health
- Care for the Caregiver
- Social Support
- Supporting a Loved One

##### Mental Wellness Moment Videos

- [Marking Mental Health Week](#) (2:24)
- [Preventing Compassion Fatigue and Burnout](#) (2:20)

##### [Bounce Back: Free Skill Building Resource \(15+\)](#):

anyone 15+ can access videos and a program, that includes coaching support for building skills that support mental health

##### [Brene Brown on Empathy \(versus Sympathy\)](#)

#### Mental Wellness Local Opportunities

##### [City of Devon](#) - Mental Health Week Initiatives and Activities

##### Leduc Clinic

Wednesdays ONLY from 12:30-4:00pm (last session 3:00pm)  
Centre Hope Building (2nd Floor)  
4906 49 Avenue, Leduc, AB T9E 6W6  
780-986-2660

##### Rutherford Clinic

Monday-Friday from 12:30-4:00pm  
Suite 202, 11153 Ellerslie Road  
Edmonton, AB T6W 0E9  
780-342-6850

**Call ahead to find our current wait time!**

#### Virtual Opportunities

[Mental Health from British Columbia: Community Resources](#), includes:

- [Virtual Events for Parents](#)
- [How To Connect With Our Kids](#)



#### Coming Up:

- **Summer Festivals!**
- **Compiled Recipe Book of all submissions!**

#### Your Wellness Team: Home-Based/Outreach:

Mrs. Khristi Elford  
[khristi.elford@blackgold.ca](mailto:khristi.elford@blackgold.ca)  
780-929-5468

#### Distance Learning:

Mrs. Trish Hrytsak  
[trish.hrytsak@blackgold.ca](mailto:trish.hrytsak@blackgold.ca)  
780-986-2248 x 220

#### Active Living Q & A Q: How much physical activity should I get?

**A:** If you rarely do physical activity, it's important to **start off with a small change**. Going for a 10-minute walk after lunch or after supper may be a good place to start, but maybe 10 minutes is too much to start with for you. It's okay to start with a 1 – 2 minute walk. As you become more confident and comfortable, slowly add 10 to 15 minutes of physical activity time over your week. Strive for 150 minutes of physical activity per week.

##### Here are some ideas :

- Spend time outdoors walking or hiking
- Dance to your favourite music
- Go for a bike ride

#### Recipe Collection Favourite Salads

[Check out salad recipes here!](#)

**This month:** We are looking for your favourite homemade dressings, sauces and dips!

**Submit your recipe [here!](#)**

#### Joke of the Month:

**Q:** Why did the M&M go to Junior High school?

**A:** Because he really wanted to be a Smartie!

**[Submit your favourite joke](#)** for next month!

#### Lifelong Learning

Sessions require registration

[AHS - Caregiver Education Sessions](#) (6-7:30pm)

**Test Anxiety: Strategies for Success** (teens and adults)  
Date: Wednesday, May 18, 2022

**I HAVE, I AM, I CAN: Building Resilience in Children and Youth (adults)**  
Date: Thursday, May 26, 2022

[AHS - Lunch and Learn \(adults\)](#) (12:00-1:00)

Parenting Teens in the 21<sup>st</sup> Century: Respectful Limit Setting with Adolescents  
Part 1: Tuesday, May 3, 2022  
Part 2: Tuesday, May 10, 2022

# 5 WAYS TO END MENTAL HEALTH STIGMA

Did you know up to **1 in 5 children** experience a mental health disorder and half don't receive the treatment they need? Together, we can support children and stop the negative stigma around mental health.



Educate yourself and your children about mental health



Share real-life examples of people with mental health disorders



Explain mental health has a range of symptoms



Listen to and support others with mental health concerns



Share stories of overcoming mental health disorders



# Gowns & Suits for Grads

The Sherwood Park Elks continue to support local graduates by offering free suits and gowns!

No referral required.

Donations accepted on shopping days!

**Location:** #123 2016 Sherwood Drive  
(Entrance at CanTeen Doors)

**Time:** 10 am - 3 pm

Jan 15/16 and 29/30

Feb 12/13 and 26/27

Mar 12/13 and 26/27

Apr 9/10 and 23/24

May 14/15

Provincial Guidelines for Covid 19 will be followed.  
People are asked to wear a mask and social distance.