

## Supporting Student Mental Wellness

*A Mental Health Literacy Workshop – March 5, 6:30-8:00pm*



*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.*

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Join us for an informational workshop on supporting youth mental wellness in the school setting.

**Community Session** - This session is for parents, community service providers and community members.

**March 5, 2018 at 6:30-8:00pm, Mackenzie Secondary School**

*Please contact Miranda Grattan at [MGrattan@sd57.bc.ca](mailto:MGrattan@sd57.bc.ca) for questions or registration*

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