

# Winter Well-Being Guide

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### TDSB Resources for Mental Health and Well-Being



As we head into the Winter Season, there may be excitement as well as thoughts and feelings that bring forward a need for support. Our **Winter 2023 Well-Being Guide** is a place to learn about Culturally Responsive and Identity Affirming resources and activities to make the most of this time of year, while supporting and improving our mental well-being. The [Canadian Mental Health Commission](#) suggests:

- Don't underestimate the power of **sleep**. It impacts our whole self: mind, body, and spirit.
- During winter, we may feel the impacts of getting less sunlight. The sun's ultraviolet rays help us produce **vitamin D**, which is vital for our mental health.
- **Self-care** is also very individualized. It's not just about bubble baths, spas, and exercise. It includes things like healthy boundaries, healthier food choices, making those medical appointments, decluttering your space, creating a budget, calling a friend, and so on
- Paying attention to **our senses** helps bring us back to simpler times, come back to the basics and, after a few deep breaths, feel a lift in our spirit!
- **Are your thoughts healthy for you**, or are they making you unhealthy? It's easier to get into bad mental habits during winter's short days and long nights.
- Put your pen to paper and write. No matter what is happening, **there is always something to be grateful for**.
- Finally, remember to **seek help** from a mental health professional or family doctor, if you or a loved one is struggling.

# TDSB Professional Support Services Mental Health and Well-Being Upcoming Programs & Events

Throughout the Year, TDSB Professional Support Services Staff will be offering a number of opportunities that promote well-being, community and connection. Please follow the links to find out more!



TDSB Social Work and Attendance Services is offering monthly [Virtual Community Fair's](#) that highlight and share resources for the community which support complex and special education students at the TDSB. Find out more here!



The TDSB Psychological Services team provides updated knowledge and information pertaining to student well being and achievement in their quarterly Newsletter ["Hearts and Minds"](#).



A video series and related resources have been developed by TDSB staff and expert facilitators to offer coping strategies during war and conflict to support the emotional and mental wellness of students, parents/guardians/caregivers, staff, and the broader community. [Visit the Affinity Wellness webpage for videos and resources](#)

CENSUS 2023



The preliminary results of the [2023 Student census](#) have been released. Look out for the full report in Early 2024



The TDSB Mental Health Leads, in collaboration with TDSB Community Support Workers in learning Centre 1 present a webinar on [Positive Mental Health and Academic Achievement](#). Link here to find out more!



The Occupational Therapy and Physical Therapy Department invite Parent(s)/Guardian(s)/Caregiver(s) of children with intellectual and/or developmental disabilities or other diagnoses to their quarterly sessions. [Meet with OT/PT](#) and find out about some of the services they support and how to connect with Community resources. Check Calendar for upcoming dates!



Monthly [Virtual Drop in office Hours](#) for Parents/Caregivers and Guardians of TDSB students. Come meet with various Professional Support Services to discuss ways to promote well being for students.



Save the Date for Let's Connect! The Parent Partnership Committee of TDSB will have their ["Let's Connect - Feel Good February"](#) on **February 22, 2024**. Look out for registration details here!



[TDSB's Gender Independent Groups \("GIG"\)](#) are groups for families with trans, Two Spirit, non-binary and/or gender diverse children in grades K-6.

# Supports for Mental Health and Well-Being

Access [Culturally Responsive & Relevant Resources](#) compiled by the TDSB MHWB Committee.



[Across Boundaries](#) – Provides equitable, holistic mental health and addiction services for racialized communities.



[HelpAhead](#) – Connecting infants, children, youth and families to mental health services in the Toronto community.



[Children's Mental Health Ontario](#) – Find resources to help support children and youth mental health.



[Daily Bread Food Bank](#) – Search your local area by postal code/location to access food.



Government Financial Supports:

[Canada Dental Benefit](#)

[Some other benefits which may be available to families](#)



[Kids Help Phone](#) – Find youth resources based on where you live.



[Lumenus](#) – Mental health, developmental and community services.



[Bob Rumball](#) - Mental Health Treatment for Deaf and Hard of Hearing Children/Youth and Families [Bob Rumball Canadian Centre of Excellence for the Deaf](#)



[SickKids](#) – This hub provides resources to help support your child's mental health and general well-being.



[YouthLink](#) – Youth/family counseling, parenting support, shelter/housing, education and community-based programs for ages 12-24 and their families.



[211 Central](#) – Find community and government services where you live.



[Helping your Child Manage Digital Technology](#) -School Mental Health Ontario



## Supports & Resources for Youth:



**Helplines and Services**  
**In the case of an emergency**  
**please call 9-1-1 or visit your**  
**local hospital emergency room**

[9-8-8- Suicide Crisis Helpline](#) - A safe space to talk 24 hours a day, every day of the year. **Call: 9-8-8 or Text 9-8-8**

[Black Youth Helpline](#) – A multicultural helpline and services for children, youth and families. Available from **9am-10pm everyday**.



[BounceBack®](#) – A free cognitive behavioural therapy (CBT) program that offers mental health self-help support for those 15-17 & older. **Toll free: 1-866-345-0224**.



[Hope for Wellness Helpline](#) – An Indigenous Youth Helpline. **24 Hour / 7 days a week Phone Support.**



[Kids Help Phone](#) – Find youth resources based on where you live. **24 Hour / 7 days a week Phone/Text/Chat Support.**



[LGBT Youthline](#) – Confidential, non-judgmental and informed LGBTTTQQ2SI Peer Support. **(Sunday - Friday) 4pm-9:30pm Text/Chat Support.**



[Naseeha](#) – Mental health hotline, resources, workshops, web therapy and more for Muslim and non-Muslim youth/individuals. **Phone Support daily 12pm-3am.**



[What's Up Walk-In Clinic and One Stop Talk](#) – Free virtual and in-person counseling for youth. Follow the link to find locations **Monday - Saturday (hours and days can vary by location)**



[Woodgreen](#) – Offers social, employment and academic support for youth, persons with developmental disabilities, and caregivers/families. Free single session counseling by phone or video for ages 16+ (12-15 years requires parent/caregiver consent). **Available Tuesday in person and Wednesday virtually. Registration from 4:00-6:30 pm. Call (416) 645-6000 ext. 1990**

































[Trans Lifeline](#) – a peer support phone service run by trans people for trans and questioning youth and adults. ***There will be a two week pause in service and will resume January 1st, 2024 starting with Monday to Friday 1pm-9pm 1-877-330-6366***



[Youthdale](#) - Community and in-patient services for children, youth, young adults and families struggling with complex mental health needs. **Crisis Service Line available 24/7 416-363-9990**



# Supports and Resources for Youth

Mental Health Info	Self-Care	Social Media and Screen Time	Managing Substance Use	Managing a Crisis
 Things you should know	 Self-care information	 Healthy Social Media Habits	 Buzz on Booze	 How to stay safe
 Sleep and mental health	 6 ways to practice self-care	 A Teen's Guide to Social Media Safety	 Things you should know about cannabis	 Supporting someone considering suicide
 Mental health: Learning Hub	 Kids Help Phone: Self-care checklist	 Smart Social Networking	 Vaping: What you & your friends need to know	 Be Safe App
 Coping During War and Conflict Affinity Wellness Videos	 Wheel of Well-Being	 Screen time: Overview	 Opioids: What you & your friends need to know	 Self-injury: What it is and how to cope
 Help for Youth	 What is Mindfulness?	 5 online safety tips	 Fentanyl facts	 How to help a friend navigate
 I Don't Know What's Wrong	 Self-Care 101	 Online gaming	 Taking care when using substances	 In Crisis



# Winter Programs for My Child/Youth

## Winter Recreation Programs

[Toronto Public Library](#) – Information about programs, classes and events.



[Winter Wonderland at the Toronto Botanical Garden](#) - Winter Camps are offered for campers 4 to 12 years of age. PA Camps are designed for campers 5 to 10 years of age (November 27, 2023 - April 12, 2024)



[Winter Recreation Programs](#) – Free, high-quality recreation activities for all ages, including CampTO



[Kids Out and About.com](#) – Online guide for kids, teens, and families living in Toronto including local events, camps, day- trip ideas and more!



[YMCA of Greater Toronto](#) - Programs for people of all ages and life stages including child care and family development, health and fitness, camps and outdoor education and youth programs. These are fees for service with subsidy options.



[CNIB Virtual Programs](#) – Free virtual programs available to all Canadians who are blind or partially sighted, as well as their families, friends



# Ideas for Keeping My Child/Youth Active This Winter

[Backyard Camp](#) – Year round activity ideas to do at home.



[Cosmic Kids](#) – Free, online yoga and mindfulness for kids



[Heart and Stroke](#) – Tips for eating healthy and keeping active.



[ParticipACTION](#) – Encouraging Canadians to get healthy by getting active since 1971.



[SPAC Learning Library](#) – Online video lessons and activities designed to help you be creative at home.

WELCOME TO OUR  
LEARNING LIBRARY

[Welcome to Ontario Parks](#) – Information about visiting Ontario Parks.



[YGym](#) – Virtual physical activities.



[Yoga with Adrienne](#) – Free yoga and mindfulness videos.



# Supports and Resources for Children/Youth with Special/Complex Needs

[Community Living Toronto](#) – Offering many programs to support individuals with intellectual disabilities and their families.



[Geneva Centre for Autism](#) – Offering groups and programs for children and webinars and support for parents.



[Holland Bloorview Family Resource Centre](#) - Access helpful tips and information for caregivers and parents of children with disabilities.



[Surrey Place Family Resources](#) - helps people of all ages with developmental disabilities, autism and special needs reach their full potential



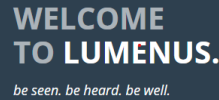
[Kerry's Place](#) - has been creating, and providing evidence-based supports and services across the province of Ontario that enhance the quality of life of those with ASD.



[Connectability](#) - A website and virtual community dedicated to lifelong learning and support for people who have an intellectual disability and their families.



[Lumenus](#) – Offers a broad range of high quality mental health, developmental and community services for infants, children, youth, individuals and families across Toronto.



[Meta Centre](#) – Offering a wide spectrum of services and personalized supports to help people live inclusive, engaged and enriched lives in the community.



[Miles Nadal JCC](#) – Offering programs for children and youth with ASD and other developmental disabilities.



[MyCommunityHub.ca](#) – A search engine for activities available in the community for children and youth with developmental disabilities.





# Supports and Resources for Children/Youth with Special/Complex Needs continued

[SAAAC Autism Centre](#) – we build inclusive communities through culturally responsive autism practices and accessible programming.



[Toronto Parks and Recreation Adapted Programs](#) – To ensure the most enjoyable recreation experience families must first contact the Adapted and Inclusive Recreation Programs central hotline at 416-395-6128 to apply for and receive a membership.



[Variety Village](#) – Variety programming empowers children with disabilities to be seen, participate, and feel included. We bring accessible facilities to life with sports, fitness, activities, camps, skills training and coaching for competitive and Paralympic athletes



[Information on accessible parks and camps](#)



[TDSB Occupational and Physiotherapy resources for play and leisure fun at home](#)

[TDSB Psychology resources for families of students with complex needs](#)

[TDSB Speech Language Pathology tip sheets](#)

# TDSB Supports and Resources for Mental Health & Well-Being

Please visit our [TDSB Website](#) to access a comprehensive list of resources and supports. Spend some time exploring our interactive lounges and virtual field trips for [Students](#), [Parents & Caregivers](#), and [Staff](#).

Mental Health and Well-Being  
Supports and Resources

Access our interactive [Children's Mental Health Week resource kits](#) for elementary and secondary students, students with complex needs, parents/caregivers and educators.



Access [Culturally Responsive & Relevant Resources](#) compiled by the TDSB Mental Health and Well-Being Committee.



Access our [Black Mental Health Week Resources](#) from the March 2023 week of recognition for Black Mental Health Week in Toronto. Look for updates in March 2024



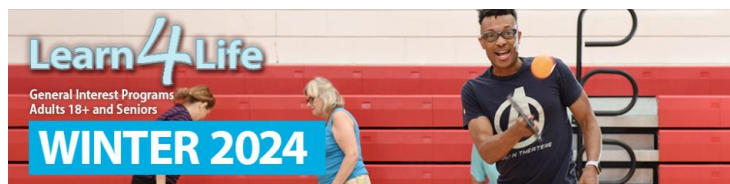
This [slide](#) provides access to 2023-24 MHWB resources for all grades.



Visit these introductory guides to Mental Health ([Elementary](#) and [Secondary](#)) on the Virtual Library and other Library Learning Resources.



[TDSB Learn4Life](#) – Health & Wellness Programs. (18+ Learning Opportunities)







Find out more about TDSB Professional Support Services Google Sites:

- [Child and Youth Services](#)
- [Occupational Therapy and Physical Therapy Services](#)
- [Psychological Services](#)
- [Speech Language Services](#)
- [Social Work and Attendance Services](#)



## Stay Connected!

Information is always changing. Please be sure to follow us and check back in for the latest updates.

	<a href="https://www.tdsb.on.ca/Elementary-School/Supporting-You/Mental-Health-and-Well-Being-Professional-Support-Staff-PSS">https://www.tdsb.on.ca/Elementary-School/Supporting-You/Mental-Health-and-Well-Being-Professional-Support-Staff-PSS</a>
	Email: <a href="mailto:MentalHealthandWellBeing@tdsb.on.ca">MentalHealthandWellBeing@tdsb.on.ca</a>
	<a href="https://www.instagram.com/tdsb_mhwb">@tdsb_mhwb</a>
	<a href="https://twitter.com/TDSB_MHWP">@TDSB_MHWP</a>

If you or someone you know is experiencing a mental health or substance use emergency, **call 9-1-1 or go to the emergency room of your local hospital or call 9-8-8 for Crisis Support.**

