

GAME CHANGERS

Don Mills Collegiate Institute

15 The Donway East

North York, ON

M3C1X6

April 30th, 2019

Dear parent/guardian,

Don Mills Collegiate Institute is pleased to inform you that on Monday May 13th, 2019, students in Grades 9-12 will be participating in **Game Changers**, a mental health program developed in partnership with the Centre for Addiction and Mental Health (CAMH) and the HBC Foundation. CAMH is Canada's largest mental health teaching hospital and one of the world's leading research centres and thought leaders in its field.

Game Changers addresses the reality that navigating today's complicated and connected world requires that young people be equipped with tools to help build resilience and monitor wellness. The program aims to help students feel more comfortable talking about mental health, seeking help and supporting friends. To learn more, please visit www.camh.ca/gamechangers.

Game Changers features guest speaker **Corey Hirsch**, a former NHL goalie, Olympian and mental health advocate. Corey will share his story of mental illness and its effect on his life and career, and also provide information about tools and resources to help start conversations about mental health and self-care.

Here are three related resources, which have been designed for youth by youth:

- Conversation starter: www.camh.ca/gamechangers/conversationstarter
- Self-care information: www.camh.ca/gamechangers/selfcare
- Youth and mental health 101: www.camh.ca/gamechangers/mentalhealth101

We recognize that conversations about mental health can be difficult and upsetting. Before, during and after the event, students will be made aware of school supports that are available to them.

If you wish to discuss anything further, please contact: Georgia Varelas via email georgina.varelas@tdsb.on.ca.

Sincerely,

Georgia Varelas

Curriculum Leader - School Life