



Erin Mills Connects

Community Forum

**at Thomas Street Middle School
2640 Thomas St.,**

Thursday, Oct. 3, 2019

7:45-10 a.m.

AGENDA

7:45 a.m. Registration, Coffee and Conversation

8:00 a.m. Welcome and Introductions – Mary Nanavati, Retired Principal, John Fraser SS

8:15 a.m. Implications of PROJECT NOW for the Erin Mills Community

We will hear from Dr. Ian Dawe, Program Chief & Medical Director, Mental Health, Trillium Health Partners and Associate Professor of Psychiatry, University of Toronto, and his team about PROJECT NOW, an initiative announced on Sept. 10 for Peel Region. Project Now is a cross-sector partnership that will improve access to mental health services in schools, hospitals and community-based agencies. Funding will support suicide prevention and mental health initiatives led by core partners, including Trillium Health Partners, the Region of Peel, Peel District School Board, Dufferin-Peel Catholic District School Board, Peel Public Health and Peel Children's Centre.

- Questions and Answers -

9:00 a.m. Discussion led by the Dam

What steps we can take to prevent suicides in our local schools, community organizations and families? Through personal stories and best practices, this discussion will help us all be better prepared.

The Dam's mission is partnering with youth in Mississauga to create an inclusive community where all are welcome, valued and respected. Since 1995 the Dam has been a relational presence in the lives of youth. Through these relationships, team members Develop, Assist and Mentor youth in their journey toward reaching their full potential.

9:40 a.m. Plans for Youth Engagement Toward Improved Mental Well-being

Tues., Oct. 29 at Streetsville's Vic Johnston Community Centre - EMC's Beautiful Mind Event.

Mindfulness will be practiced by all Grades 4-6 students using the well-known MindUP curriculum. Offerings for older students are Anchor, a Mindfulness-Based Stress Reduction (MBSR) program, and Healthy Relationships Plus developed in conjunction with Western University's Centre for School Mental Health.

9:45 a.m. Around the Room Sharing

10:00 a.m. Adjourn

Thank you for coming and please join us for future meetings!

- Wed., Oct. 9, 8:30 - 10:30 a.m. Steering Committee Meeting at John Fraser SS
- Tues., Oct. 29, 8:00 a.m. - 3 p.m., Beautiful Mind Event, at Vic Johnston Community Centre, Streetsville
- Wed., Nov. 13, 8:30 - 10:30 a.m. Steering Committee Meeting at MindShare WorkSpace in Erin Mills Town Centre
- Wed., Dec. 5, 8:30 – 10 a.m. Community Forum at St. Simon Stock ES (6440 Lisgar Dr.)
- Wed., Dec. 11, 8:30 - 10:30 a.m. Steering Committee Meeting at MindShare WorkSpace in Erin Mills Town Centre