



# EMC REPORT TO COMMUNITY PARTNERS

April 2019

This is the first of the Erin Mills Connects (EMC) Reports to provide regular communication to our community partners and stakeholders, including parents/guardians, schools, agencies, City of Mississauga, Region of Peel and others. For meeting dates, please visit [erinmillsconnects.org](http://erinmillsconnects.org) or contact [erinmillsconnects@gmail.com](mailto:erinmillsconnects@gmail.com).

## Priority Setting

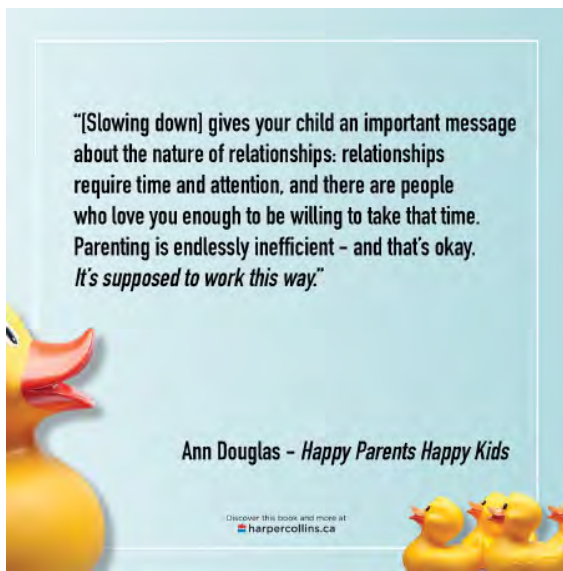
Thank you to the 24 community stakeholders who helped Erin Mills Connects focus its priorities for action at a meeting in January. Stakeholders agreed that EMC is uniquely placed to help youth to:

- address anxiety/stress,
- use social media safely and responsibly, and
- understand and demonstrate resiliency.

The priorities are similar to concerns expressed three years ago when another community meeting led to EMC's formation. The consensus then was that Erin Mills would benefit from collective impact, and that the community needed assistance to maintain psychological well-being and access mental health resources.

Since 2017, the collaborative has held semi-annual Beautiful Mind Events for elementary and secondary students to learn about mindfulness and seeking help for mental health concerns. Parents/guardians also attended EMC's semi-annual events featuring well-known speakers who talked about Mental Health 101, resiliency and social media safety.

## 2019 Spring Parent/Guardian Workshops and Beautiful Mind Event



Each participating family at the Happy Parents Happy Kids Workshops will receive a FREE copy of Ann Douglas's new book, while supplies last.

### Happy Parents Happy Kids

Ann Douglas, whose new book explores the connection between parent well-being and family mental health, will be EMC's guest presenter at parent/guardian workshop events in May. Erin Mills parents and guardians are invited to meet **at St. Oscar Romero CSS at 2495 Credit Valley Rd.** to work with Ann Douglas. Ann is a parenting expert and

broadcaster. She will help parents/guardians gain strategies to work on their own resiliency in the face of stressors. The workshop has two parts:

**Part 1 -- Wed., May 15**  
7-8:30 pm: *Happy Parents Happy Kids* (introduction)

**Part 2 -- Wed., May 29**  
7-8:30 pm: *Happy Parents Happy Kids* continued (dig deeper, ask questions, and build community connections)

Participants are encouraged to attend both sessions. No child care will be provided. Registration for the event is on **Eventbrite:**

<https://happyparentsworkshops.eventbrite.ca>

### Beautiful Mind Event – Mon., Apr. 8

### Healthy Relationships Plus Program

Thirty Grade 7-12 students from John Fraser SS and Thomas Street MS who participated in a pilot of Healthy Relationships Plus Program (HRPP) will receive their certificates of completion on Mon., Apr. 8 at the fifth Beautiful Mind Event. HRPP grads are eligible to assist adult facilitators deliver the program in the new school year. HRPP is evidence-informed and developed by the Fourth R at Western University's Centre for School Mental Health. It consists of 14 one-hour

modules that teach youth about mental health. Authors of the 2015 *The Fourth R Implementation Manual: Building for Success from Adoption to Sustainability* wrote: "(HRPP) applies the Fourth R approach of building healthy relationships to mental health by specifically teaching youth how to be a friend to someone facing mental health challenges and how to know when to seek appropriate adult assistance."

### **Gaining Regulation Skills Through MindUP™**

Students in Grades 5 and 6 will practice mindfulness and self-regulation exercises from the evidence-based MindUP program developed by The Hawm Foundation.



## **Thanks to Funders and Partners**

EMC couldn't do its work without the support of its partners and funders. A special thanks to the Region of Peel Community Investment Program, City/Region Councillor Pat Saito and the Parents Reaching Out (PRO) Grant for Regional Projects. EMC is also grateful for receiving the Smart and Caring Children and Youth Funds held at the Community Foundation of Mississauga. Thank you, too, to the Peel Leadership Centre that has provided support for facilitation, and consultation on grant management and strategies.

## **Building Capacity for 2019-2020**

HRPP Train-the-trainer workshops for educators, Beautiful Mind Events (BMEs), and parent/guardian outreach are the pillars of EMC's plans for 2019-2020.

EMC will triple the number of adult facilitators in the community to lead HRPP groups (25 youth per group, maximum). Most HRPP participants are already mental-health leaders in their schools/organizations and able to assist their peers to seek counselling.

A new cohort will be introduced to HRPP at the Fall 2019 BME. Between November and April, participants will meet with their HRPP groups at lunchtime or after school to complete modules.

Younger students will continue to benefit from practice with MindUP lessons to reduce stress through meditation, calming activities and seeking help of a caring adult.

EMC also believes that mental health happens in the context of a family. EMC will continue to offer parents/guardians education and resources about mental well-being and connect them to appropriate agencies.

### **EMC Steering Committee**

You are welcome to attend any Steering Committee Meeting, held 10 times a year. Meeting dates are listed at [erinmillsconnects.org](http://erinmillsconnects.org). Thank you to the dedicated members of the Steering Committee, listed below.

**Christine Barnes**, Castlebridge PS Principal

**Patrick Cahill**, St. Simon Stock ES Principal

**Julia Crowder**, Peel Public Health, Public Health Nurse

**Ava Joshi**, United Way GTA, Community Investment Manager

**Kiran Maqsood**, Polycultural Immigrant and Community Services Crisis Counsellor

**Miguel Martinez**, MTClife President

**Kinga Melak**, Peel Multicultural Council Youth Program Coordinator

**Caroline Mulvey**, Erin Mills Community Representative

**Mary Nanavati**, John Fraser SS Principal

**Loretta Neebar**, University of Toronto Mississauga, Registrar & Director of Enrolment Management

**Kumee Rao**, John Fraser SS Council Representative

**Carol Reist**, The DAM Executive Director

**Diane Stewart**, Peel Public Health, Public Health Nurse

**Jaimi Woolsey**, Thomas Street MS Child and Youth Counsellor

For the first time, EMC will have a **youth representative** joining its Steering Committee in April. **Cathy Chamberlain**, former Steering Committee member, remains as an event administrator.

**Visit [erinmillsconnects.org](http://erinmillsconnects.org) for dates of upcoming events**