

Beautiful Mind

Celebrating the Mind and Empowering Young People to Be Leaders

A free field trip to learn about well-being, mental health and having fun for Grades 4 & 5 and 6-8

Schools are invited to send up to 12 students as their mental health ambassadors



Register by SCHOOL by Scanning the QR Code or visiting:

onpathway.me/BMD-reg



Program

9:00-9:30 a.m. Check-in

- Welcome Energizer with Coach Miguel Martinez
- Four fun-filled activities using the evidence-based program MindUP
- Free lunch and snacks
- Wrap-up activity

2:00 p.m. Head back to school

MINDUP

Thank you to our generous funder

 **Region
of Peel**
working with you

More About Erin Mills Connects (EMC)

EMC was founded in 2016 by community members interested in building resources to assist children and youth. Today it promotes mental health, and creates learning opportunities for greater awareness. Email: info@erinmillsconnects.org



Wednesday, May 3, 2023

9:00 a.m. to 2:00 p.m.

Churchill Meadows Community Centre & Mattamy Sports Park

Gyms 1, 2, 3

5320 Ninth Line, Mississauga