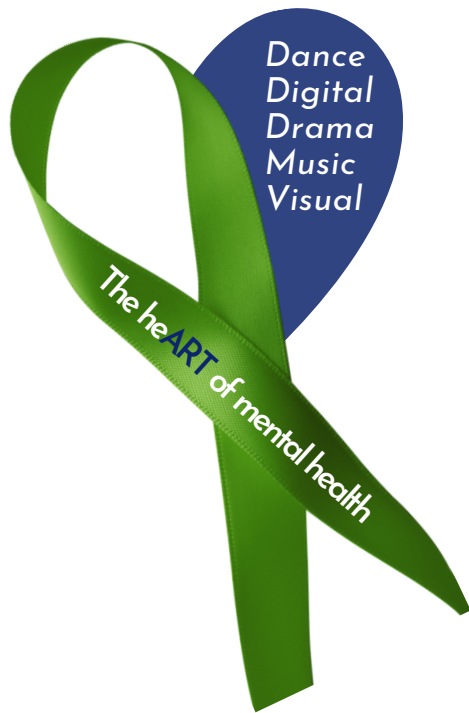


TOGETHER IN THE VALLEY

Arts Festival and Mental Health Week May 3-7, 2021

CELEBRATING HOW THE ARTS SUPPORT MENTAL HEALTH & WELL-BEING



Families continue to do the best they can. We thank you for the support, care, and commitment you've shown for your child's education throughout what has been a unique school year!

Together in the Valley is spotlighting how the arts promote good mental health. Arts activities can lower stress and anxiety while boosting confidence, self-esteem, calmness, and positive feelings. How might you add the arts to your family's self-care routine?

We would love to see how your family is using the Arts to support mental health.

Share your art using any of the following options:

Submit art work through your child's teacher

FlipGrid Video Gallery

@TVinnovates @TVDSBcares

#heARTofMentalHealth & #TVcreateFest

Google Form

For more info visit <http://bit.ly/tvinnovates>

All submissions will be shared in our virtual @TVinnovates gallery



Activities for family connection:

Make signs: thank-you, miss you
Collect and paint rocks
Bake or cook together
Make paper airplanes
Plant flowers, vegetables, herbs
Make a family collage box
Dance, sing, listen to music
Play charades
Act out scenes from a favourite book or movie



adapted from <https://artfulparent.com/creative-connection/>

*There are
no rules to
creativity.*

Laura Jaworski

Mental Health Resources

www.TVDSB.ca

www.mindyourmind.ca

www.jack.org

School Mental Health Ontario

TVDSB has school mental health professionals available to help.
Please contact your school administrator about available school mental health services.

Community Resources

If there is a mental health emergency, please visit your local Hospital Emergency Department or call 911

Kids Help Phone: 24/7 crisis support: 1-800-668-6868, text 686868, www.kidshelpphone.ca for web chat

CMHA: (24/7 Walk in support): 648 Huron St. in London (London/Middlesex), 16 yrs +

Wellkin Child & Youth Mental Wellness: 1-877-539-0463 (Oxford/Elgin)

Reach Out Crisis Support: (519) 433-2023 or 1-866-933-2023, www.reachout247.ca for web chat

Tandem: formerly Crisis Intake Team (CIT): 519-433-0334 (London/Middlesex), 0-18 years and caregivers

Underlined
text is a
hyperlink
to more
information

