



THRIVAL KITS™ June Newsletter!

Thank You Teachers!

As we head into the final month of the school year, I would like to say a big thank you to all of the teachers, guidance counsellors, and school administrators for making the 2022-23 school year the most successful year yet! Thanks to amazing educators like you, we were able to reach over 35,000 students across Manitoba!



If you have any questions before the end of the school year, please send me an email at dvermette@cmhawpg.mb.ca

2023-2024 Enrollment

Don't worry, you haven't missed Thrival Kits™ enrollment!

We will be opening enrollment at the beginning of the 2023-24 school year.

Due to the admin ease of the online enrollment process, we have moved enrollment to the beginning of the 2022-2023 school year to account for any changes in student populations during the summer months.

A newsletter will be sent to announce the opening of enrollment with a link to the enrollment page.

Feel free to reach out with any questions you have!

Thrival Kits™ Year-End Survey

Anyone who completes the survey by **June 16th** can enter a draw for **5 prizes of \$50 gift cards!**

IMPORTANT: *Please forward this message to all Thrival Kits™ Facilitators so that they can provide their valuable feedback. All Project Leads as well as all Thrival Kits™ Facilitators who have implemented Thrival Kits™ this past school year are asked to complete the survey.

Thrival Kits™ is undergoing a **full-scale evaluation** this school year led by the George and Fay Yee Centre for Healthcare Innovation. Twenty-two classrooms are gathering data that will provide us with key information about the **impacts of Thrival Kits™** across Manitoba. Leaders, funders and partners count on this information to make critical decisions about mental health promotion programming.

We sincerely appreciate your feedback and look forward to using the feedback to enhance the Thrival Kits™ experience for both students and Facilitators.

Please let us know if you have any questions.

[Thrival Kits™ Year-End Survey](#)



How do we use your feedback?

- To develop new content
- To improve facilitator resources
- To ensure **THOUSANDS** of Manitoba students can keep benefiting from the program each year!

The final **survey deadline is Friday, June 16, 2023.**

Thrival Kits™ Colouring Contest Deadline is Quickly Approaching!

Throughout this school year, Thrival Kits™ has helped you and your classroom find ways to protect and promote your mental health.

We have come up with a contest to highlight all of the great work you have done this school year. Draw, colour, and write an activity you practice when you feel stressed.

When your students' masterpieces are complete, scan it and send it to info@thrivalkits.ca. All submissions will go into a draw, and 5 lucky winners will receive a **gift card** to Subway! Every work of art will be displayed on our Thrival Kits™ website.

Deadline for submissions is **Friday, June 9th**.

I can't wait to see all of the great activities students are practicing when they feel stressed!



Colouring Sheet

Sign Up For Ride Don't Hide 2023!

Ride Don't Hide 2023 will take place on June 25, 2023, at Vimy Ridge Park in Winnipeg! We are thrilled to be hosting Ride Don't Hide in our community. Our picnic style experience will have riders take to the gorgeous streets of our Wolseley neighborhood. At the park we will celebrate everything mental health—joining us will be riders, volunteers, partnering agencies, sponsors, friends, family, and co-workers. There will be something for everyone as we connect over delicious Willy Dogs, games and live local music!

Ride Don't Hide 2023 is Canada's largest community fundraising bike ride hosted by the Canadian Mental Health Association (CMHA), with the goal to increase awareness, reduce the stigma surrounding mental illness, and raise essential funds to support mental health programs. This event is the only national ride for mental health and is hosted by CMHA branches in various communities across the country.



Your participation will contribute to supporting the 1 in 5 Canadians who live with mental health challenges while also providing critical funds to enhance the work we do with children and youth. Youth have experienced the greatest decline in mental health over the past few years and are particularly at risk given the many changes that occur in this life stage. All funds raised will be designated to support local youth mental health programs and services.

For more information on how to participate, form a team, and register, please visit: www.ridedonthide.com/Winnipeg



CMHA Community Resources In Winnipeg

The 24th edition of the CMHA Manitoba and Winnipeg Mental Health Resource Guide is now available. We are committed to helping Manitoban's access the supports and services they need. Our Mental Health Resource Guide highlights various mental health and well-being services for individuals to access within the community.

If you would like to order this **Free** resource for your school, call the CMHA Manitoba and Winnipeg office at 204-982-6100 and schedule a time for pick up at 930 Portage Avenue.

FREE - 24th Edition - 2023

Mental Health Resources
for Winnipeg

Canadian Mental Health Association
Mental health for all

The Canadian Mental Health Association Manitoba and Winnipeg is dedicated to helping you find the mental health supports and services you need. Call or visit our website:

204-982-6100
<https://mbwpg.cmha.ca>

Supporting Mental Health, Well-Being and Recovery

BounceBack[®] for youth
reclaim your health

School Counsellors can now refer students aged 15 and over with anxiety or mild to moderate depression to BounceBack®

BounceBack® For Youth:

Reclaim Your Health helps individuals (13+) “bounce back” from low mood, stress, and anxiety through an evidence-based, skill-building intervention. The program, funded by RBC, features free cognitive-behavioural self-help components (worksheets and workbooks), with access to a trained coach who will support the youth through 4-5 telephone coaching sessions.

Group-based and led by a youth-certified facilitator, it equips **youth 13-18** with the skills they need to face challenges in life and become more resilient. The course includes fun activities and group challenges to help youth practice and develop their skills.

For More Information Contact:

Shelby Davidson, BounceBack® Project Manager
sdavidson@cmhawpg.mb.ca
204-648-3264

[Bounce Back Website](#)

CARE FOR ALL IN EDUCATION

Mental health resources for Manitoba’s front-line educational staff.

The Care for All in Education Program, provides both a digital mental health and wellness resource of mental health and a dedicated team of wellness support specialists to assist in connecting you with programming and services you need.

Click on the link below to explore the Care for All in Education Program website!

[Care for All in Education Website](#)



Canadian Mental Health Association, Manitoba and Winnipeg
930 Portage Avenue, Winnipeg MB R3G 0P8

Manitoba Advocate for Children and Youth
346 Portage Avenue, Unit 100 Winnipeg, MB R3C 0C3

You are receiving this email because you are a Project Lead for Thrival Kits™

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