

Education and Strategies for Students

- Schools are encouraged to engage in the work of the Stigma Free Society, which supports awareness, understanding and acceptance – focusing on mental health. <https://stigmafreesociety.com>
- District sponsors the Balancing Our Minds Mental Health Conference for students – focusing on students from grades 8 – 10. Speakers, booths, resources and discussion forums are made available on this day.
- District sponsors mental health awareness week in secondary schools.
- District collaboration with Fraser Health and Child Youth Mental Health to run school-based programs to support student mental health such as: CDTOP Program, HOPE Programs within Secondary Schools, specialized alternate programs to support students with mental health issues.
- Continued collaboration with community groups and other governmental agencies to create resources focusing on supporting youth.
- Partnering with the YMCA on their Teen Mindfulness Program for Anxious Youth Project and offering it in 7 Secondary Schools.
- Continued work within our aboriginal community in providing mental health and wellness supports to aboriginal youth in our school communities.