

# April 2024 Newsletter

## HEALTH PROMOTING SCHOOLS

### MENTAL HEALTH

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#### National Child & Youth Mental Health Day – May 7, 2024

National Child & Youth Mental Health Day is about building caring connections between young people and the caring adults in their lives. We know having caring, connected conversations can have a big impact on the mental health of children and youth.



"I care about you" is our May 7th message. To support this, we offer events and resources that support conversations and connection between caring adults and young people. For more information see: [May 7th | National Child & Youth Mental Health Day](#)

#### Online Event with Kim Barthel- May 7, 2024

We know that having caring, connected conversations can significantly impact the mental health of children and youth. Join us online to listen to Kim Barthel talk about having more self-compassion, self-awareness and knowledge about the art and science of relationships. Our kids mean so much to us, and yet disconnection, dissociation and even the potential for self-harm is very real. A holistic and engaging story-teller, Kim will introduce the basics of attunement, attachment theory, trauma-sensitive practice, sustainable self-care and above all the power of connection and inclusion. For more information and to register for the online event see: [May 7th | Event with Kim Barthel](#)

