



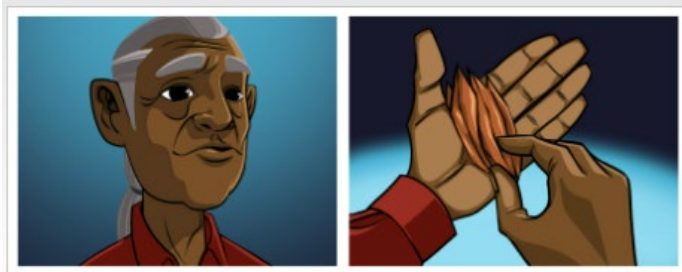
HEALTH PROMOTING SCHOOLS MONTHLY NEWSLETTER FEBRUARY 2022

INDIGENOUS RESOURCES

New Animated Video Highlights Respecting Traditional Tobacco, Quitting Commercial Tobacco



Made in partnership with Indigenous Story Studio, with the guidance from Elders at Tsow-Tun-Le-Lum Society and youth from around BC, this video highlights important teachings around culture, sacred tobacco and wellness. For more information see the news [article](#). You can watch the video [here](#).



NUTRITION

Cooking with Kids

Have a look at this informative resource [Kids in the Kitchen](#) for cooking skills ideas by age.

MENTAL WELLNESS

Foundry Virtual BC

Foundry's provincial virtual services offer free drop-in and scheduled counselling & peer support, primary care, employment support and groups for young people aged 12-24 and their caregivers across BC.

All services are free and confidential. We offer video, audio and chat options.

For more information visit foundrybc.ca/virtual. If you don't have access to internet, call **1-833-308-6379** or email online@foundrybc.ca.



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Foundry's provincial virtual services offer free drop-in and scheduled counselling & peer support, primary care, employment support and groups for young people aged 12-24 and their caregivers across BC.

How can virtual services help?

- Receive services from support people, including professionals and peer support, when you can't attend services, or by attending one of our 24/7 drop-in to meet your needs about mental health concerns.
- While our services do not replace a doctor, using the free drop-in and other services can help you decide whether you need to see a doctor about your health concerns or whether you need to see a doctor about your health concerns.
- Receive services from support people, including professionals and peer support, when you can't attend services, or by attending one of our 24/7 drop-in to meet your needs about mental health concerns.

How can virtual services help you?

- Foundry Virtual BC offers a secure and confidential digital platform for you to connect with our services. You can use our services from your phone, tablet or computer. You can also use our services from our website.
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Please note that we are not a crisis service.

Visit foundrybc.ca/virtual to learn more. You don't have access to services until you're logged in or call [1-833-308-6379](tel:18333086379) or email online@foundrybc.ca

Download the App or use in a browser

Hours: 7 days/week
1:00pm–9:00pm

