

Dear Parents/Caregivers,

We know that everyone is still experiencing stress from the pandemic and more people have concerns about their stress, low mood, depression, and worry. In an effort to curate information for staff and families we have created a [Mental Health and Wellness Hub](#) for easy access to information, workshops, webinars, activities, and tools for addressing mental health, wellness, and resiliency. It is intended for families, students, and staff to learn more about improving their own mental health, as well as navigation support to connect to other mental health services.

Each week we will highlight a resource from the [Mental Health and Wellness Hub](#) for both staff and families. This week we'd like to highlight for families and students the [EASE at Home](#) resources available for free to all parents/caregivers.

It can be hard for adults to know what to say or do to ease a child's worries, especially during times of change and uncertainty. As the most important big people in their world, parents and caregivers can help children feel safer and soften the sharp edges of whatever is making their worries grow.

To help support learning across environments, EASE K-7 lessons have been adapted for use by parents and caregivers to help children manage worries and everyday anxiety at home. Find EASE at Home here: <https://healthymindsbc.gov.bc.ca/ease-at-home/>

Please find the link to the entire Mental Health and Wellness Hub below:

[https://www.sd47.bc.ca/Programs/health/Pages/default.aspx#/=](https://www.sd47.bc.ca/Programs/health/Pages/default.aspx#/)

			
<b>EDUCATION</b>	<b>TAKING CARE OF OURSELVES</b>	<b>INTERVENTION AND SUPPORT</b>	<b>SAMPLE WELLNESS ACTIVITIES</b>