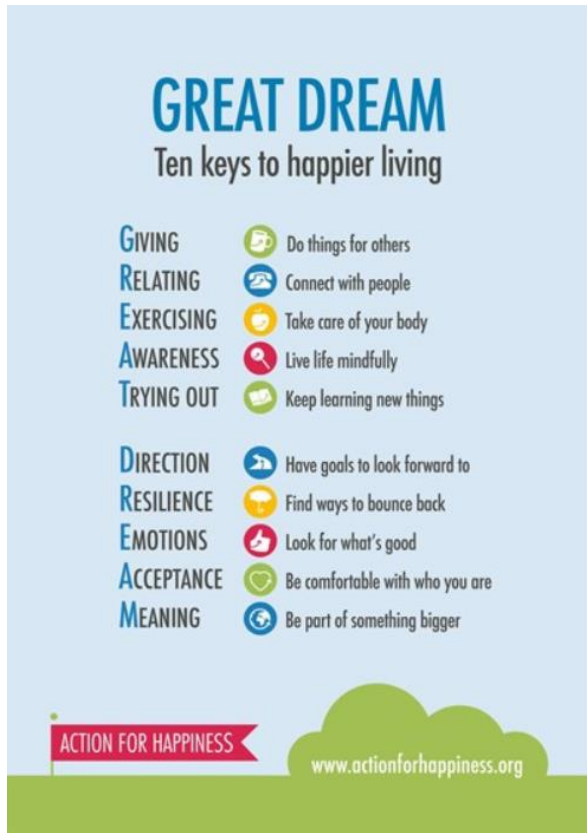


Dear Parents/Caregivers,

Each week we are highlighting a resource from School District 47's Mental Health and Wellness Hub. This week we'd like to highlight for families and students the Action for Happiness website. Find out the ten factors that are really important for our well-being and what we can do about them. Get the guidebook here: <https://www.actionforhappiness.org/10-keys-guidebook>



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>