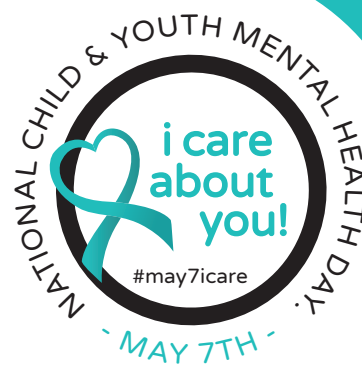


I care
about the
'whole'
you

#may7icare



May 2019

To Parents/Caregivers

May 7th is Child & Youth Mental Health Day in Canada. 12 years ago, this important day was started by 2 moms and each year FamilySmart® continues to celebrate and grow our message to support the mental health of children and youth.

May 7th is about having caring conversations and making connections between children, youth and caring adults in their lives. Caring Connections enhance the mental health of children and youth and it is part of their overall health.

This year's theme is 'I care about the whole you'. It's important to communicate that a child's well-being is not just physical - their whole health is about their heart, mind, and body. All these pieces add up to the whole, wonderful person! We want to encourage children and youth to think of their whole health and to talk about how we can pay attention to and take care of our whole selves.

What will the day look like?

On Tuesday, May 7th, children & youth will participate in an activity that will encourage them to think and talk about their whole health. FamilySmart® is also providing, free to students, colourful wristbands that symbolize our message of 'I care about you'. FamilySmart® will also have available PopSockets (for phones) available for a small donation of \$4 each (minimum order of 10 - pickup only), or \$50 for 10 that includes shipping and handling. All monies raised will support child and youth mental health literacy programs. The purchase of this item is completely optional.

As parents/caregivers, we encourage you to talk to your kids about their whole health and ask them what kind of activities they had at school on this special day that is about them.

If you are interested in learning more about FamilySmart® and May 7th, please visit their website at <https://familysmart.ca/may7icare>

Yours sincerely,

Read more at <https://familysmart.ca/may7icare>