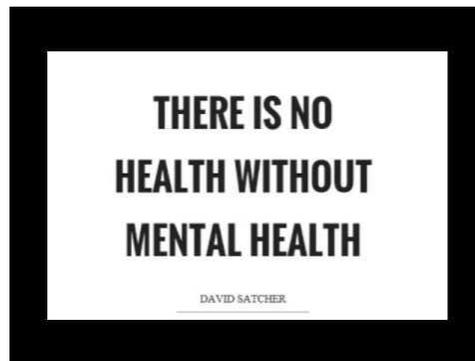




THE TOOLBOX

INCLUSION SUPPORT SERVICES – FALL 2018

MENTAL HEALTH AWARENESS



One of the biggest hurdles for anyone suffering from mental illness is overcoming the stigma attached to it. The annual Bell Let's Talk awareness campaign and Day is driving the national conversation to help reduce this stigma and promote awareness and understanding, and talking is an important first step towards lasting change.

It's a fact: One in five Canadians will suffer from mental illness at some point in their lifetime. One of the biggest hurdles for anyone suffering from mental illness is overcoming the stigma. It is the number one reason why two-thirds of those living with a mental illness do not seek help.

5 ways you can help

- 1) Language Matters; the words you use can make all the difference. Words can help, but they can also hurt.
- 2) Educate yourself; stigma has been around for a long time, and knowing the facts and myths about mental illness can be a great way to help end the stigma. Read about facts and myths, and become a stigma buster.

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Parry Sound DSSAB Week of The Child Celebrations 2018

Fairview Early Learning and Child Care
Annual Fairview Family Pizza Night
Fairview Early Learning and Child Care,
Powassan, Wednesday 17th, 4-6 pm

EarlyON Child and Family Centre
Parry Sound Week of the Child Celebration
Parry Sound Community Hub at 86 Gibson
Street, Thursday October 18th, 5-7pm
Free Pizza, Face Painting, Emergency
Vehicles, Lots of fun for all children!
For more info call 705-746-8332.

First Steps Early Learning & Child Care
Centre, EarlyON, & H.A.N.D.S the Family
Help Network.ca Celebration
Located at the NAISA Sound & Art Café (at
the lights), South River. Come out and enjoy
some interactive sound art and enjoy some
pizza! This event is geared for younger
children (5 and under), October 17th, 4:30-
6:30. For more information call 705-386-
2552.

Highlands Early Learning and Child Care
"Clownin' Around Carnival" with games,
crafts and snacks. Come dressed as a clown!
October 19th from 9:30-11:00
For more information please call 705-636-
0202



Great Beginnings

Prenatal Nutrition Program

For pregnant mothers and new parents with their infants
0—8 months.

South River: Thursdays 12:30pm to 2:30pm
Parry Sound: Thursdays 12:30pm to 2:30pm

Free groceries and milk product

Growing Up Program

For new families with children 8 months and up.

South River: Thursdays 9:30am to 11:30am
Parry Sound: Thursdays 9:30pm to 11:30pm

South River EarlyON Program
16 Toronto Avenue, South River

Parry Sound EarlyON Centre
The Sound Community Hub, 86 Gibson St.
Parry Sound

**For more information call Hands the Family Help
Network.ca**

East Parry Sound District: 705-384-5225
1-800-668-8555

West Parry Sound District: 705-746-4293
1-800-668-8555



Ontario EarlyON Child and Family Centres

The Ontario EarlyON Child and Family Centres are great places for children 0 – 6 years and their caregivers to drop-in, meet, share, play and find friendly support and information. For more information call 1-866-850-8855, or visit www.foreverchild.ca.

EarlyON Centre – 86 Gibson St.
Parry Sound
Mon-Wed-Fri. 9am - 12:45pm and 2:00pm – 4:00pm

Humphrey Arena – 15 Humphrey Drive, Seguin
Monday and Thursday 9:30am – 11:30am

Orrville Community Centre – 207 Hwy. 518, Orrville
Friday 9:30 – 11:30

Nobel School – 140 Hammel Ave., Nobel
Thursday 9:00am – 12:00 noon

Foley Agricultural Hall – 60 Rankin Lake Rd., Seguin
Tuesday 9:30am – 11:30am

Rosseau Memorial Hall – 2 Victoria St., Rosseau
Currently Closed for Renovations

South River Early Years – 16 Toronto Ave., South River
Mon 9-12:30; 2-4; Wed 9-12:30; 2-4; Thurs 4:30p.m-7:00p.m;
Fri 9-12:30; 2-4

Sundridge Early Years – Bethel Pentecostal Church
15 Buck Haven Rd., Sundridge
Tues &Thurs 9:30am – 12:30

Land of Lakes Public School – 42 Ontario St., Burk’s Falls
Mon 9-12:30; 2-4; Tues 9-12:30; 3-5:30; Wed 9-12:30 Mom’s
to Mom’s 2-4 Fri 9-12:30; 2-4

Evergreen Heights School – 2510 Hwy. #592, Emsdale
Tuesday &Thursday 9:30 – 12:30

Kearney Community Centre – 8 Main St., Kearney
Friday 9:30am – 12:30

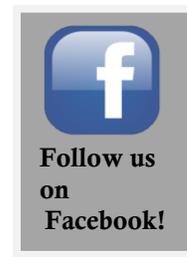
Magnetewan Central School – 31 Sparks St., Magnetewan
Monday 9:30am – 12:30am

Mapleridge School – 171 Edward Street, Powassan
Monday & Wednesday Thursday 9:30 – 12:30

M.T. Davidson School – 249 Lansdowne St., Callander
Wednesday 9:30 – 12:30

Port Loring- Argyle Public School
Thursday 10:00am-12:30am

Trout Creek, Trout Creek Community
Centre, Tuesday 9:30-12:30





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Let's talk mental health!



- 3) **Be Kind;** Simple kindness can make a world of difference. Whether it be a smile, being a good listener or an invitation for coffee and a chat, these simple acts of kindness can help open up the conversation and let someone know you are there for them. Expressions like “You’ll get over it” and “Just relax” can minimize how a person is feeling. Instead offer your support and say “I’m sorry you aren’t feeling well.” Ask what you can do to help.
- 4) **Listen and Ask;** Mental illness is a very common form of human pain and suffering. Being a good listener and asking how you can help, sometimes just even being there for people you care about, can be the first step in recovery.
- 5) **Talk About It; Break the silence.** Mental illness touches us all in some way directly or through a friend, family member or colleague. Stories of people who have experienced mental health issues and who are doing well can really challenge stereotypes. Most people with mental health issues can and do recover, just by talking about it.

Bread Making Fun!

What You Do:

1. Have your child measure 1 1/2 cups of warm water and pour it into a bowl.
2. Have her sprinkle yeast into the warm water. Stir it until it softens.
3. Now, have her measure and add in the flour, sugar and salt.
4. Help her mix the ingredients until they form a dough ball.
5. On a floured surface, encourage her to knead the dough until it's smooth and elastic.
6. Ask her to make shapes with the dough. Include animals, letters and shapes.
7. Pre-heat the oven to 350 degrees.
8. Have her place her dough shapes on the cookie sheet.
9. Use a clean kitchen towel to cover the cookie sheet to allow the dough to rise until all the pieces are double their original size.
10. Explain to her how yeast helps make the dough rise.
11. Have her brush each dough sculpture with a beaten egg.
12. Help her to carefully place the cookie sheet in the oven for 12-15 minutes until the bread is golden brown.
13. Cool, eat and enjoy!



Try making bread with your preschooler to teach her about the fascinating world of yeast and bread baking! She'll have fun watching the yeast come alive while learning about the science behind making bread. This activity will also help her develop her fine motor skills as she helps knead the dough and introduce her to the joys of home cooking as she munches on warm bread straight from the oven.

<https://www.education.com/activity/article/yeast-dough/>



Belonging Improves Mental Health and Learning

Belonging refers to a sense of connectedness to others, being connected to family, community, culture, friends, and making contributions as a part of a group, a community, and of the natural world. Children all need to feel a sense belonging in their world. They need to know that their environment is safe, all of their needs will be met and that they are loved. Having a sense of belonging has been shown to build self-esteem, improve learning, and help to protect children against mental health issues later in life. In order for young children to feel confident, happy, comfortable, and at ease with themselves and others, including their educators, they need to first feel like the classroom environment is a place where they are invited, accepted, loved, and “a part of the group, not a part from the group” (Bilmes, Ch.3, pp. 57). Being connected is about knowing you can ask for help when needed, that you will be listened to, and that your opinion and views will be respected, valued, and heard.

Parents and caregivers are better able to support their children’s early learning experiences when they are informed about what their children are learning and doing in their early learning setting. Working together to care for children is the best way for early childhood educators and families to support children’s mental health. When adults take a positive interest in what happens in their child’s early learning environment, it helps children feel more at home when they are there. It also makes it easier to pick up any concerns early when they are easiest to resolve.

In order to build a sense of belonging, young children need to be in the process of developing their skills to work with others, play cooperatively, help others, have a sense of empathy, and be a part of a team. It is important to mention that these skills are not automatic; they are skills that are developed over time through healthy routines and consistent expectations you establish in the classroom. Providing routines can help young children understand what to do so that they can focus on how to do it with others. Routines such as classroom jobs/jobs at home (e.g. feeding the cat), morning meetings, and keeping a predictable schedule can help young children feel more confident and be more competent as a member of your classroom and home environment.

Some ways you can help you and your family feel you belong and are connected to your early childhood learning environment:

- Find out about your child’s early learning setting and what your child does when he or she is there.
- Make time to listen to your child tell you about what he or she has done during the day.
- Let the staff know if your child is having difficulties and discuss what kinds of things can be done both at home and at the centre to help.
- Make contact with your child’s key staff member/s and keep in touch.
- Ask for help if you don’t understand something.
- Share information about your child’s likes, interests and preferences with staff.
- Get involved—find out if there are ways you can help out or take part in activities at your centre. Attend information sessions and social activities at your service whenever you can.
- Be informed—check for notices that are sent home and keep informed about activities through newsletters and other communications.
- Make contact with other families at your centre. Perhaps meet up informally with family members of other children in your child’s group, find out about parent social groups that meet at or near your service or join a parent committee.



8 Tips for Parents Who Have No Time for Self-Care

1. Change how you prioritize your list

Self-care isn't just for taking care of yourself in the bits and pieces of the day left over. It's something that needs to come first, so that you're able to put your best self forward throughout the rest of your day.

2. Celebrate the mistakes that are part of success

You already know that nobody is perfect, and life will throw curve balls, take a moment to accept where you are, and appreciate that you will get through this moment.

3. Instead of perfection, make balance your goal

Don't feel overwhelmed by the resources and activities to try. Do what works best for you and your family. Try not to over commit and allow yourself to pursue things of interest, while letting other suggestions go.

4. Laugh

5. Combine exercise with what brings you joy

Find a way to combine things that truly bring you joy with your exercise routine. Listening to your favourite music, see a show or enjoy a rewarding snack after perhaps.

6. Make space for your own "bad" emotions

Allow yourself to feel, just as we would encourage our children to express their feelings. Use coping skills that help ensure that choices that are not ruled by our strong emotions. Acknowledge your feelings so that they don't build up on you.

7. Know you have help

It can be hard to ask for help, and it's true. But asking for help is a skill, and as you practice it, you will learn there are plenty of friends, family and community members who are only too happy to help if they just knew what to do. Utilize your support network.

Make self-care a central part of your life. This gift of kindness to yourself will blossom positivity to your life and the life of your family. It will provide a model for your child and help create a smoother path teaching your personal and family goals.

<http://www.peps.org/ParentResources/by-topic/self-care-for-parents>



Funding Information:

Avery Seca Youth in Sports Foundation

Guidelines for Application

The objective of the Avery Seca Youth in Sports Foundation is to assist youth in the Almaguin and Parry Sound Districts to pursue their dreams by providing assistance with registration costs, purchase of equipment or a sponsorship to pursue sports at the higher level.

Guidelines

Children under the age of 18 years who are residents of Ontario are eligible for a grant.

Grants of a maximum of \$500 are to be used for the payment of sport participant/registration fees and equipment purchases

(Travel to events and tournaments are not eligible expenses).

Only one application per calendar year, for one eligible sport, may be submitted.

Applications must be received prior to or during the requested season of sport. We recommend submitting your application as early as possible to allow for adequate evaluation time.

Sport activities must be organized (a season of sport led by a qualified coach).

For more information or to request an application form please e-mail averyseca_yisfoundation@hotmail.com or contact Dylan Seca 705-526-8489 or e-mail dylanseca@hotmail.com or Serena Seca-Wager 705-386-2120 or e-mail sk_wager@hotmail.ca

Return applications to:

Avery Seca Youth in Sports Foundation c/o Serena Seca-Wager, 2 Poplar St., R.R.#1, South River, Ontario P0A 1X0

Your child's enhanced 18-month well-baby visit

- Eighteen months is a milestone in a child's development and a visit to a family physician or other health care provider at this time is important.
- When you go for your visit you and your health care provider will discuss your child's development. You will complete a checklist, such as the Nipissing District Developmental Screen™, which provides a snapshot of your child's development and a starting point for your discussion.
- The enhanced 18-month well-baby visit is an opportunity for you to discuss your child's development and ask any questions you may have. For example, you may want to talk about your child's motor or communications skills or behaviour concerns.
- The visit also allows early identification of any concerns and a referral to specialized community services, if necessary, for your child.

Remember to **ASK for this Enhanced Well-Baby Visit when you book your child's 18 month appointment**



COMMUNITY EVENTS & DATES TO REMEMBER

SOUTH RIVER & AREA

Kearney

Kearney Hallowe'en Party, Kearney Community Centre, Tuesday October 31st. Games! Refreshments! Haunted House! All children must be accompanied by an adult. For more information call Blair Ballantyne at 705-636-7752 or Town Office at 705-636-7752.

2nd Annual "Christmas Begins in Kearney" Festival on December 1st, 2018. Kearney Community Centre and outdoor activities on Main St. – games, live entertainment, horse wagon rides, etc. The night concludes with the lighting of the official Christmas tree and fireworks! Stay tuned for more information!

Burk's Falls

Hallowe'en Movie in the Park- "Haunted Mansion" October 19th @ 8:00pm, Stan Darling Park (Corner of Yonge St. & Ontario St. Available for purchase: popcorn/drinks. Bring your own blankets and lawn chairs.

Sundridge

Come to the LIONS at the Lions Building (91 Water Street Sundridge, ON) for a free kids Hallowe'en Haunted House! Tuesday, October 31, 2016 from 6:00 PM to 8:00 PM

Powassan

Moms, dad, grandparents, and caregivers and their preschoolers are all welcome to Preschool Drop In Gym every Friday morning from 9:30-11:30am. It's free! 250 Clark Street. Don't forget your indoor shoes!

PARRY SOUND & AREA

Parry Sound Public Library

Kids Chess Club
Every Wednesday 4:00-5:00

Kids Zone
Every Saturday 2:00-2:45

Babysitter Course
September 29th- 9:00am-4:00am
Geared for ages 10.5-15 years old
pspl@vianet.ca for further info.

Bobby Orr Community Centre

Young Artists
October 3rd (first of multiple 4 week sessions)
From 6:00 pm-7:00 pm ages 6-13 years old

Town of Parry Sound

Hallowe'en in the Downtown
James St. Parry Sound
October 27th- 10:00am-2:00pm
(look for business displaying orange balloons and enjoy trick or treating in the daytime)

Light up the Park
Market Square Park from November 16th-5:00-6:00pm

Parry Sound Santa Clause Parade
November 24th, 2018

Breakfast with Santa
December 8th, 2018

****FOR INFORMATION ON EVENTS IN YOUR COMMUNITY
PLEASE CONTACT YOUR LOCAL TOWNSHIP/ TOWN
OFFICE, LOCAL LIBRARY, OR REGIONAL EVENTS
CALENDAR****