



Promoting Mental Health in Young Children

www.handlewithcarecanada.org



Newsletter Issue 1

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NEWSLETTER

It is our privilege and delight to present the first issue of the Handle with Care Newsletter. Devoted to the promotion of social and emotional wellbeing among children and their caregivers, the Handle with Care (HWC) team is pleased to introduce this new addition to our media package to meet the growing needs of our audience. Since its inception in 2009, the HWC program has evolved and now extends across Canada. It reaches a broad audience of families, other caregivers, service providers and policy makers alike. In order for these various stakeholders to stay connected with one another, the newsletter has been

developed to provide regular updates and will be distributed every second Monday of the month. We would like to take this opportunity to recognize the devoted HWC partners and facilitators who have contributed their time and expertise to developing and implementing the program. We are also grateful to the parents, caregivers, and many champions who have supported the program in various ways. We invite you to continue staying in contact and to contribute your thoughts and updates for inclusion in the newsletter. We look forward to hearing from you.

Updates on Program Sustainability

Provincial Advisory Committee: During the past several months, we have developed or are in the process of developing advisory committees in several provinces in order to maximize sustainability of the Handle with Care program. These committees will include government representatives, community groups and agencies representing diverse cultural groups.

Liaison with PHAC Program Directors across the Country: This helps support the development of connections and partnerships with Francophone and Aboriginal communities.

Francophone Partnerships. Through our partnerships with Francophone agencies, we trained Francophone facilitators. Francophone facilitators from PEI completed all the Master

Trainer requirements and are now training new Francophone facilitators in the other Atlantic Provinces.

Aboriginal Partnerships: We have trained facilitators in Aboriginal communities, and the program is being delivered to on- and off-reserve Aboriginal communities in the Yukon Territory, Manitoba, Ontario, and the Atlantic Provinces.

Handle with Care in the Yukon

The growth of HWC in the Yukon has been steady. We would like to recognize Erin Pauls, Director of Dusk's Head Start and Family Learning Centre, who will be facilitating one of the five HWC groups scheduled in Whitehorse. Erin is working towards becoming a HWC Master Trainer.

Our site partner, the Child Development Centre, has recently secured funding from the Yukon Wellness Project. This funding will go towards: (1) completing HWC facilitator trainings in nine rural communities; (2) providing follow up mentoring and support to facilitators in five rural communities; (3) exploring

online networking opportunities for facilitators; and (4) the training of four to six Master Trainers from a variety of organizations (e.g. First Nations, Yukon Government, etc.) to build community and territorial capacity.



A Journey of Hope and Resilience

With the importance of emotional well-being on our minds and the future of children in our hearts, professionals across Canada commit daily to finding opportunities that will make a positive difference to the lives of many. Today, we highlight the ardent effort from our Atlantic Region colleagues for their dedicated support of the HWC journey over the last three years.

Beginning in Prince Edward Island, the involvement of professionals, parents, and caregivers in HWC provided opportunities for safe spaces to reflect on changes, opportunity to develop hope, and increase resiliency among individuals and communities. Since then, HWC has spread across PEI, and into Nova Scotia, Newfoundland, and New Brunswick due to the commitment of our diverse communities.

Furthermore, these efforts have seen the expansion of HWC to include Master Trainers, new parent programs, new partners, research opportunities, the development of a Provincial Advisory Group, and ongoing discussions with the governments for sustainable funding.

Eileen Conway-Martin says "Alice and I are proud and honoured to bring a message of hope and resiliency to children, parents/ caregivers, and families across Atlantic Canada. We would especially like to recognize the involvement of the First Nations Education Initiative, the Canadian Mental Health Association, the Chiefs and community leaders in Moncton, and the Kingsclear First Nation in supporting the growth of HWC. We are ever grateful for everyone's contributions to the current success of HWC and look forward to the continued growth of HWC across Atlantic Canada."

Walking with the Community



HWC partners from PEI were invited to a commemoration of residential school survivors at Eel Ground, NB. The ceremony started off with a walk in the community with school and the community people. Then, people gathered at the school for conversation,

food, residential school survivors' stories and a children's craft event. The community unveiled a new stone to remember residential school survivors. The event closed with a "Blanket Ceremony". The following are a number of attendees and community members who expressed interest in HWC: Chief George, Cabinet Minister Lisa Harris, Band Council members, the school principal and Health Centre members.

“ I now know that I am not damaged goods. I may not have had all that I wanted, but my grandmother loved me like a mother, raised me well. Look at me today. I am a good mother and the dreams for my children and family can happen.

(Parent Group Participant: PEI)

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Announcement

Alice Taylor, our HWC partner, (middle) is one of the recipients of the 2016 PEI Senior Islanders of the Year Award for her dedication to the wellbeing of children and families on PEI. She received her award

from Hon. Tina Mundy, Minister of Family and Human Services, PEI and Mary Hughes, Chairperson of the Seniors' Secretariat. Congratulations, Alice.