



Now more than ever, our children and youth need a solid foundation of mental health to weather the stress and uncertainty brought on from COVID-19. At [Strong Minds Strong Kids, Psychology Canada](https://www.strongmindsstrongkids.ca), we believe in helping our children and youth develop a solid foundation of mental health, giving them the tools and skills necessary to navigate the inevitable ups and downs in life so they can manage adversity. Our mission is to nurture resilience in children and youth through the use of psychological science, with tools and resources to help support young people manage their stress and build emotional resiliency.

At Strong Minds Strong Kids, we offer programming for children in grades 1-6 and for youth in grades 7-12. All of our stress management programs are evidence based and research informed, with practical, easy to follow lesson plans and activities. Our programs were designed for use within the classroom, with clear curriculum connections to help teachers promote effective stress-management skills and self-regulation.

Our grades 1-6 programming includes the Kids Have Stress Too! Grades 1-3 guide and the Stress Lessons Toolkit for grades 4-6. The aim of this program is to help educators create teachable moments to introduce stress management strategies and build emotional resiliency. With step-by-step lesson plans, tip and fact sheets, skill-based activities and additional resources, this program prepares educators with the knowledge and resources to help students identify, understand and manage stress.

Our grades 7-12 programming includes our two Stress Lessons guides, From Stressed Out to Chilled Out for Grades 7 to 9 and Tools for Resiliency Grades 9-12 . Full of psychologically-sound strategies and tools, these resources provide teens and educators with an opportunity to promote well-being, dialogue and learning, that is directly tied to curriculum. This resource is based on a constructivist educational approach that recognizes students come to school with previous knowledge, experience and skills related to stress they can share with others and build on within the classroom and broader school environment



We offer online training for all of our programs. Training includes a Masterclass in Stress Management and either the grades 1-6 or the 7-12 programming. During this training you will learn the basics of stress management, prevention-based coping strategies, and more specific information on building resilience within your chosen age group. In addition to the online training, you will receive a guidebook for your chosen age group which contains all of the tips, tools, and resources needed to implement the programming within your classroom. The time commitment for these trainings is negotiable, with flexibility around delivery. We want to ensure we are able to make these trainings accessible and are committed to working with our community partners to provide programming that is tailored to meet your unique needs.

We have partnered with CIBC to be able to offer our evidence-based programming training and facilitation manual FREE of charge for 50 educators who work with Indigenous communities in British Columbia. If you are interested in learning more about this unique opportunity, please contact Mandi Hickman, Manager of Programs and Community Partnerships with Strong Minds Strong Kids, Psychology Canada at mandi.hickman@strongmindsstrongkids.org; 647-226-1054.

Thank you and we look forward to hearing from you.

Mandi

A handwritten signature in black ink that reads "Mandi Hickman". The signature is written in a cursive, flowing style.