



SUMMER 2024 | VOL. 5

# MENTAL HEALTH SUPPORTS

A quarterly newsletter highlighting Mental Health Resources



## Emergency Links & Phone Numbers

**Suicide Crisis Helpline**  
Text or Call: 988

**Addictions and Mental Health Helpline**  
(24-hour support)  
1-877-303-2642

**Peace River Addictions and Mental Health**  
780-624-6151

**Kids Help Phone**  
1-800-668-6868

**Indigenous Support Line**  
(North Zone & Area)  
1-844-944-4744

[mykickstand.ca](http://mykickstand.ca)

## FIVE EVERYDAY TIPS FOR A GREAT SUMMER BREAK

### Be Outside

Seek out sunshine and fresh air every day! Did you know being outside helps reduce stress and boost hormones that promote happiness?

### Stay Active

Go to your neighbourhood park or splash pad, go for a swim, a hike or shoot some hoops. Whatever you like to do to stay active, try being active for at least 60 minutes every day.

### Sleep Well, Eat Well

It can be tempting with our long hours of daylight to stay up late while enjoying all the best summer foods. But, the best way to stay mentally fit this summer is to give your body the food it needs to thrive, and the rest it needs to restore both your body and mind.

### Be Creative

When we develop our talents and hobbies it can lead to feelings of accomplishment that boost our feelings of well-being. Have fun enjoying cultural music, dance, and art together this summer.

### Keep Connected

Schedule time with family members to check-in with each other, talk, and have fun together. Friendly chats with neighbours and volunteering to help others when we can, are also great ways to support our well-being.

## Peace River School Division Mental Health Team



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Mental Health in Schools Program Manager



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## SUMMER FUN PROGRAMS

This year, both the Project Peace and Student Support Workers teams are running summer fun programs in communities we serve. Project Peace has a calendar packed full of activities for youth in Berwyn, Grimshaw and Peace River. Check out the calendars below.

The Student Support Workers team is hosting free summer camp programming for youth in Fairview throughout July and August. They will then celebrate the end of summer with a **Colour Run!** The Colour Run will take place on **August 23** in Fairview and is open to anyone who wants to join. For more information, check out the [Student Support Workers Facebook page](#).

### July summer programming!

sign-in & drop off! registration required

Family event (no drop off!)

please scan to be brought to our Project PEACE registration form!

Monday	Tuesday	Wednesday	Thursday
1 Canada Day!	2 Games & Crafts @ Peace River Spray Park 12:00 pm - 3:00 pm	3 Games & Museum Tour @ Lac Cardinal 11:00 am - 2:00 pm	4 Hoopline & Zentangle @ Berwyn Fire Centre 10:00 am - 12:30 pm Levee Bracelets @ St. Andrew's Garden 6:30 pm - 8:00 pm
8 FRN Collab @ Hub Baytex Centre ages 6-9 10:30 am - 12:00 pm ages 10+ 12:30 pm - 2:00 pm	9 Diamond Dot Art @ Peace River Library ages 6-9 10:30 am - 12:00 pm ages 10-17 12:30 pm - 2:00 pm	10 Mindful Watercolour Art @ Berwyn Fire Centre 10:30 am - 12:00 pm ages 10-17 12:30 pm - 2:00 pm	11 Diamond Dot Art @ Grimshaw Library ages 6-9 10:30 am - 12:00 pm ages 10-17 12:30 pm - 2:00 pm
15 Cornhole Tournament @ Kinisman Park Peace River 11:30 am - 2:00 pm	16 Free Mini Golf @ Golf World Peace River 1:00 pm - 8:00 pm	17 Cornhole Tournament @ Grimshaw Spray Park 11:30 am - 2:00 pm	18 Spray Paint Art @ Berwyn Fire Centre 12:30 pm - 3:00 pm
22 Spray Paint Art @ Rendez-Vous RV Park 12:30 pm - 3:00 pm	23 Relay Race & Challenge's @ Baytex Centre ages 5-9 10:30 am - 12:00 pm ages 10+ 12:30 pm - 2:00 pm	24 Relay Race & Challenge's @ Grimshaw Multiplex ages 5-9 10:30 am - 12:00 pm ages 10+ 12:30 pm - 2:00 pm	25 Equine Assisted Therapy @ Wild Horse Guest Room 1:00 pm - 4:00 pm
29 FREE SWIM @ Peace River Pool 6:30 pm - 8:30 pm	30 Mindful Walk on the Dykes @ Good Shepard Gazette 10:00 am - 1:00 pm	31 Info Session & Play @ Grimshaw Spray Park 11:30 am - 2:30 pm	

**BERWYN PUBLIC LIBRARY**  
 JULY 2ND - 5TH & 8TH - 12TH (w) 10:30AM  
 SLUMBERKINS READ ALONG & CRAFT  
 NO REGISTRATION REQUIRED

**RCMP SUMMER FUN**  
 KEEP AN EYE OUT FOR PROJECT PEACE AT THESE EVENTS:  
 JULY 13TH 10:00 AM - 1:00 PM (w) RIVER FRONT PARK  
 YOUTH VS. FIRST RESPONDERS WATER BALLOON FIGHT & BBQ  
 JULY 16TH 6:30 PM - 7:30 PM (w) RIVER FRONT PARK  
 TOGA IN THE PARK  
 JULY 22ND 4:00 PM - 9:00 PM (w) GRIMSHAW THEATRE  
 PEACE REGIONAL IDOL (GRIMSHAW AUDITIONS)  
 JULY 27TH 7:30 PM - 1:00 PM (w) BAYTEX ENERGY CENTRE  
 MUCH MUSIC VIDEO DANCE  
 FORMAL DANCE WITH SIT-DOWN DINNER  
 (GRADES 9 - 12 STUDENTS - \$50 PER TICKET)

### August summer programming!

sign-in & drop off! registration required

Family event (no drop off!)

please scan to be brought to our Project PEACE registration form!

Monday	Tuesday	Wednesday	Thursday
			1 Tie-Dye! @ Grimshaw Spray Park 11:30 am - 2:30 pm
			5 Heritage Day!
	6 Flower Potting & Painting @ Good Shepherd Gazette 1:30 am - 2:30 pm	7 Seasonal Drop-In with Toys and Lots & Sunbarkes Drop Along @ Peace Playland 4:00 am - 1:00pm	8 Feelings Watercolour Event @ Grimshaw Splash Park 10:00 am - 1:00 pm
12 Family Scavenger Hunt @ Wilderness Park 12:30 pm - 3:30 pm	13 Water Play & Chalk Art @ Peace River Splash Park 11:30 am - 2:30 pm	14 Kindness Rock and Walk @ Berwyn Ball Diamonds 11:30 am - 2:30 pm	15 FREE SWIM @ Grimshaw Pool 2:00 pm - 5:00 pm
19 Family Scavenger Hunt @ Cecil Thompson Park 12:30 pm - 3:30 pm	20 Free Mini Golf @ Golf World Peace River 1:00 pm - 8:00 pm	21 Souvenir and Vase Decorating @ Town of Grimshaw PDS Room 11:30 am - 2:30 pm	22 Water Play & Chalk Art @ Grimshaw Splash Park 11:30 am - 2:30 pm
26 Success Coaches Back To School!			

**RCMP SUMMER FUN**  
 KEEP AN EYE OUT FOR PROJECT PEACE AT THESE EVENTS!  
 AUGUST 6TH 4:30 PM (w) PEACE RIVER BREWERY TOUR  
 5:00 PM CORNHOLE TOURNAMENT (\$20 PER TEAM)  
 AUGUST 6TH-28TH YOUTH ART EXHIBIT (w) PEACE RIVER LIBRARY  
 AUGUST 10TH 10:00 AM - 2:00 PM (w) PR SKATE PARK  
 SKATEBOARD COMPETITION & BBQ  
 AUGUST 17TH 10:00 AM - 2:00 PM BAYTEX  
 BLANKET KNITTING CLASSES WITH ANGIE WESTON  
 AUGUST 26TH - 5:30 PM - 8:00 PM (w) GLENMARY SCHOOL  
 PEACE REGIONAL IDOL FINALS



**2024 END OF SUMMER EVENT**  
**MENTAL HEALTH IN SCHOOLS**  
**SUMMER PROGRAM**  
**INVITES YOU TO JOIN OUR**  
**COLOR RUN!**



**FOR MORE INFORMATION**  
**CONTACT US ON OUR**  
**FACEBOOK PAGE:**  
<https://www.facebook.com/profile.php?id=61558475876523>

**FREE!**

