



# Mental Health Support in Light of War in Ukraine and Global Conflicts 2022

In light of the current war in Ukraine and our ongoing commitment to the Student Well-Being and Mental Health goals outlined in the [Director's Action Plan \(DAP\)](#), the York Region District School Board School Psychology and Social Work staff have collaborated with [CRES](#) Partner, [COSTI Immigrant Services](#) to offer three supportive mental health gatherings for parents/caregivers, students grades 6-8, and students grades 9-12.

**The Series:** YRDSB in Collaboration with COSTI: Mental Health Event for Families and Youth in Light of the War in Ukraine: An evening to “Acknowledge – Bridge- and Connect” During Global Conflicts.

The events are open to all parents, caregivers, and families acknowledging that we all may have different experiences in relation to the war in Ukraine. For some it may be very personal, and for others with similar lived experiences, it may also be emotionally impactful. At the events, families will hear about common reactions to stress and trauma as well as potential ways to cope and support their mental health and their child using the ABCs (i.e., Acknowledge, Bridge, Connection) of Mental Health. Youth will hear about common reactions to stress and trauma as well as potential ways to cope and support their mental health using the ABCs of Mental Health. Each event will end with a brief panel discussion responding to pre-submitted participant questions found in the [registration form](#).

## **After School and Evening Event Dates and Times:**

Students Grades 6-8 Virtual session: May 24, 2022, 4:00-5:00 pm

Students Grades 9-12 Virtual session: May 30, 2022, 4:00-5:00 pm

Parent/Caregiver Virtual Session: June, 1, 2022, 6:30-7:30 pm

## **[REGISTER HERE](#)**

Registration closes May 23, 2022. The virtual meeting link will be shared with registrants closer to the date.

## **For more information please contact:**

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You may also wish to visit our [YRDSB Mental Health Resources Page](#)