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## JANUARY 3, 2022 — MRE Newsletter #5

Happy New Year, Everyone! We hope you were able to enjoy time with loved ones and make wonderful memories. We are looking forward to seeing the students and hearing about their adventures.

The recent announcement by the Provincial Health Officer delays the return to school. This decision emphasizes how the pandemic still requires us to remain flexible to ensure the health and safety of the school community. We acknowledge that this delay may cause challenges for families, especially in terms of daycare, and we thank you for your patience and understanding. As our Superintendent, Harry Dhillon, says, taking a few extra days now will set us up for the safest possible start to the new year.

BC schools will welcome students back on Monday, January 10. Detailed information regarding this return as well as information about exceptions for a limited number of students with particular needs can be found in the letter from our Superintendent at <https://www.sd42.ca/announcement/superintendent-dhillon-regarding>.

The [news release](#) issued by the Ministry of Education provides further information. It includes a summary of the existing safety measures that will be reinforced and a list of enhanced safety measures that school staff will be planning to fully implement effective January 10. Additional information will be shared as it becomes available.

This newsletter includes information related to the next school year. If you have children entering kindergarten or grade 8 in September 2022, please be sure to read the appropriate sections and note the important dates coming up.

We look forward to welcoming your children on January 10. We are proud to be part of the MRE community and look forward to opportunities and learning together in 2022.

Barbara MacKinnon  
Principal

Chelsea Lendvoy  
Vice Principal



Parental involvement contributes to the success of any school and no newsletter would be complete without a huge thank-you to our outstanding PAC for their efforts on behalf of Maple Ridge Elementary. Their work has been made much more challenging by the pandemic, but they have managed to find COVID friendly ways to spread cheer, including but not limited to hot lunches, the Santa Mall, Christmas Hampers and hot chocolate and candy cane treats for the students! We constantly see signs of generosity and compassion in the MRE community.

*(We are waiting to hear how new COVID guidelines will impact the PAC hot lunches.)*

## MRE PAC News

Check out the Maple Ridge Elementary PAC Facebook page – MRE Parents Association  
The next meeting is at 7:00 p.m. on Zoom on Jan. 10, 2022

Meeting ID: 817 2367 8481

Passcode: 499270

Stay informed with the latest MRE news by joining our Maple Ridge Elementary PAC Facebook group. You will find our calendar of scheduled events and fundraisers as well as school communication and even community events.

If you are interested in getting involved and would like to know how, please email us at [pac.mre@gmail.com](mailto:pac.mre@gmail.com). We are always happy to share information and answer questions.

Up-to-date information about events and fundraising is shared on the weekly Friday Blast which can be found on the Parent Portal or [school website](#).

## Upcoming Dates to Note

**Mon. Jan. 10, 2022:** Students return after the break

**Fri. Jan. 14, 2022:** Black Excellence Day – wear a black shirt

**Mon. Jan. 24:** Non-Instructional Day – Classes not in session



## Black Excellence Day- wear black on Jan. 14

(From <https://blackexcellenceday.ca/>)

As a lead up to Black History Month, Black Excellence Day is a day to “rejoice” Black history and learn about Black stories, Black art and Black people, and a day to stand in solidarity by wearing black.

- Black Excellence Day was created by Ninandotoo Society and takes place on **January 14th, 2022, but will normally be January 15th each year.**
- January 15th is in honour of the great civil rights leader, Dr. Martin Luther King Jr. He was born January 15, 1929.
- The Black Excellence Day event will discuss the contributions of Black Canadians and their ongoing civil rights struggle, which often goes unacknowledged in our school curriculum.
- The term 'Black Excellence' was born out of the civil rights movement in the 1960s.

Our district Anti-Racism committee is hoping that teachers and students will choose to observe this day by wearing any black shirt they own on January 14<sup>th</sup>

## A Thank you message From The MRE Leadership and Student Voice Students (Grade 6/7)



Thank you for your donations of spare change. Our leadership group was able to send over \$140 to the Christmas Hamper Society. The money was used to buy presents for kids.



### Westcoast Recess and Lunch – Dress for The Weather

A reminder to parents and guardians that MRE students play outside even when it is cold, rainy or snowy. Only on rare occasions will we keep students inside. We would ask that you send your child/ren to school dressed for the weather (boots, coats, mitts, umbrella ...). If your child tends to get wet playing on the slides or in the field, **please send an extra set of clothing.**

## Lost and Found

Items left in the lost and found before the winter break were donated to charity. Please consider putting your child's name on items, such as coats and water bottles, that are easily left behind. Labelled items are returned directly to the student.

## Communication

As we continue to reduce handling of materials and the consumption of paper, most school-based publications, including the *Friday Blast* and this monthly newsletter will be sent home via the parent portal. Pertinent information will also be updated on our school website: <http://mre.sd42.ca/>. You can check the district website at: <https://www.sd42.ca/>. We also have a school-based Facebook page called Maple Ridge Elementary SD 42. Teachers will be using a variety of methods for their class level communications.

## School Closure Decision: SNOW

The decision to close schools due to accumulating snowfall is ultimately the responsibility of the superintendent, who must balance the safety of students, staff and parents with the need to provide learning. The decision is not taken lightly and is the result of a carefully thought-out process that is reviewed after each experience and refined if necessary.

The decision to close schools is made by 6:30 a.m. Details are:

- posted on the SD42 Twitter feed ([@sd42news](#));
- posted on the SD42 Facebook feed ([SD42Facebook](#));
- shared with News 1130, CKNW, and CBC 690 radio stations;
- posted on the SD42 Website ([www.sd42.ca](http://www.sd42.ca)).

When schools are closed, we cannot make calls home to let you know; nor, can we answer all the phone calls to ask if school is open.

# Information for the Next School Year




## Current Grade 7 Hockey Players - Hockey Academy Next Year?

PMSS (Pitt Meadows Secondary School) offers a hockey academy for students in grades 8-12. This is a program and curriculum that provides students with the opportunity to balance their educational requirements while developing their hockey skills. For more information, attend the information session at a virtual open house on February 2, 2022 at 7:00 p.m.



Meeting ID – 814 3858 5084 Passcode 450530

RPM HOCKEY COMPANY LTD.



**PITT MEADOWS HOCKEY ACADEMY**

Offered in partnership by RPM Hockey Company, Pitt Meadows Secondary & School District 42



REGISTRATION OPENS FEB 3, 2022  
REGISTER AT [WWW.RPMHOCKEY.COM](http://WWW.RPMHOCKEY.COM)

### CHARACTER • INTEGRITY • TRADITION

#### ABOUT THE ACADEMY

This program is available for students in grades 8 to 12.

RPM & Pitt Meadows Secondary have developed a program & curriculum that provides students with the opportunity to balance their educational requirements while developing their hockey skills.

RPM provides personalized instruction that educates and develops students in both the physical and mental aspects required to excel in hockey. The school and RPM, in consultation with students and parents, help design a personalized teaching plan catered to meet each player's individual needs. Students are tested both on and off the ice monitoring their individual improvements.



#### HIGHLIGHTS:

Academy Format: Semester Based - September to January

A typical week for all of our Academy players includes:

- 3 hours on ice-MWF - Skill Based Instruction
- Mondays - Power Skating
- Wednesdays - Puck Skills
- Fridays - Tactical & Game Play
- 2 hours T/TH Sport Specific Conditioning/Events or Classroom

**Sport Specific Conditioning** utilizes a variety of training devices and techniques and may also include out trips.

Theory instruction provides players with skill breakdowns, progressions, individual and team tactics practice planning, proper nutrition, strategies for high-level performance and motivation and goal setting.



#### ACADEMY COST

The total price for the academy is \$1,420. Please note a \$284 deposit is required at the time of registering (the actual cost of the Hockey Academy is \$1,136 - \$284 Deposit). As a convenience to parents RPM will accept a payment plan of \$284 monthly (Sept 1-Dec 1).

Once you have registered online at [www.rpmhockey.com](http://www.rpmhockey.com), you must also notify Centennial that you would like to participate in the program.

#### ACCEPTING APPLICATIONS

- Academy - Ministry Approved
- 2nd year Bantam & Midcoast Players (grade 9-12) Obtain Academic Credits
- On Ice Development
- Off Ice Conditioning
- Tactical/Game Play
- Performance Testing
- Educational
- Special Events
- Work Experience
- Offered inside the normal school timetable
- Students can play minor hockey & school sports
- Professional/Certified instruction

#### QUESTIONS?

Join our Zoom Open House on February 2, 2022 at 7:00 pm  
Meeting ID: 814 3858 5084 - Passcode: 450530

#### CONTACT US

**Bryan Bailey** [bryan\\_bailey@sd42.ca](mailto:bryan_bailey@sd42.ca)  
Pitt Meadows Secondary  
**Craig Millin** [craig@rpmhockey.com](mailto:craig@rpmhockey.com)  
Hockey Academy  
**Holly Rogers** [holly@rpmhockey.com](mailto:holly@rpmhockey.com)  
Academy Administration

**BUILDING GREAT KIDS IN THE CLASSROOM, ON ICE AND IN THEIR COMMUNITY!**



## Kindergarten Registration

You can download the kindergarten brochure here:

<https://www.sd42.ca/assets/media/202223-Kindergarten-Registration-Brochure-web.pdf>

Kindergarten registration for the 2022/2023 school year is open to children who are 5 years old



on or before December 31, 2022. Visit the district website for detailed information on the five phases (sibling registration, choice registration, general registration, late registration, open registration) and other important information: <http://www.sd42.ca/kindergarten-registration/>

Registration Phase	Registration Starts on Parent Portal 12:00 noon	Registration Ends on Parent Portal for parents 11:59 pm	Documentation due at school by parents 12:00 noon
Environmental School Sibling	January 3, 2022	January 4, 2022	Jan. 14, 2022
General Sibling	Jan 05, 2022	Jan 11, 2022	Jan 21, 2022
Environmental School	Jan. 12, 2022	Jan. 14, 2022	Jan. 21, 2022
Choice	Jan 19, 2022	Jan 24, 2022	Feb 4, 2022
General	Feb 2, 2022	Feb 8, 2022	Feb 25, 2022
Late	Feb 23, 2022	July 31, 2022	Sept 2, 2022 (for summer registrations)
Open	August 17, 2022	June 15, 2023	All registrations are assigned by school

## General Grade 8 Registration

Opens at 12:00 noon on the parent portal on February 3 and closes at 11:59 pm on February 18. Parents are notified of student placement prior to Spring Break. More information about registration and transfers can be found at <https://www.sd42.ca/assets/media/Grade-8-Registration-Info-2022-23.pdf>

**GRADE 8 REGISTRATION PROCEDURES**

1

### ONLINE REGISTRATION

FEB  
3

The Grade 8 Transfer Period opens at **12:00 noon** on **Thursday, February 3, 2022**. All Grade 8 transfers/new to district registrations are done through the *Parent Portal*. If you are new to the school district, you will need to create a *Parent Portal* account before registering.

#### IN-DISTRICT STUDENTS

Families with children currently enrolled in a Maple Ridge – Pitt Meadows School District (SD42) elementary school should submit an *Existing Student Transfer Request* in the Grade 8 Transfer Period.

#### OUT OF DISTRICT STUDENTS

Families with children currently enrolled in an elementary school outside of the Maple Ridge – Pitt Meadows School District (SD42) should submit a *New Student Registration* in the Grade 8 Transfer Period.

2

### DETERMINING CATCHMENT SCHOOL

The registration form will automatically populate with your child's secondary catchment school based on the residential address on file with your child's elementary school.

You can also find your child's secondary catchment school using the school locator tool at <http://www.sd42.ca/school-locator/>.

*New development areas may not show accurate results. Please confirm with your child's elementary school if necessary.*

*If the address you register on the portal does not match what is on file, proof of change of address will be required. Rental agreements are not accepted as proof of address.*

## Information nights and registration dates coming up for the following district programs:

### MRE is proud to offer both English and French Immersion Programs!

Immersion is the most effective method known for teaching a second language. Students master French in the same way that they learned English. Studies have shown that it is easier and more natural for a child to learn another language at a very early age. The aim of early French immersion is functional bilingualism. The process is so natural because French is used as the language of instruction and as a means of communication. It is also worth noting that learning subjects in French does not interfere with English language development as children spend the vast majority of time communicating in English with family and friends.

Please contact Barbara MacKinnon, Principal at MRE [bmackinnon@sd42.ca](mailto:bmackinnon@sd42.ca) if you have any questions about our program.

## WHEELHOUSE

Online Information Nights:

**Thursday, January 6, 2022 (6:30 p.m.)**

Preregistration required: <https://bit.ly/31UohBE>

**Tuesday, January 18, 2022 (6:30 p.m.)**

Preregistration required: <https://bit.ly/3s064x1>

The Wheelhouse program challenges **Grade 6 and 7 students**, and supports them in becoming life-long learners and responsible citizens. Program highlights include the following:

- Weekly field study days during which students learn outside the regular class setting;
- A classroom of care and discovery that is well supported by staff, parents, and community mentors;
- Leadership activities that improve confidence, citizenship, and social responsibility;
- Wheelhouse students are part of the school district 1-to-1 program, which assigns each student an iPad for use throughout the school year.

For more information, including information session dates, please visit *The Wheelhouse* online at <https://wheelhouse.sd42.ca/>.

**REGISTRATION** for Wheelhouse opens on the Parent Portal at **noon, January 27, 2022**, and closes at **11:59 p.m. on February 7, 2022**.

*The program runs out of Alouette Elementary, 22155 Isaac Crescent, Maple Ridge. For more information, including a more in-depth look at the program, dates and times for student interviews, and details on how to become a Wheelhouse student, please visit The Wheelhouse online at <https://wheelhouse.sd42.ca/>.*

## DISTRICT CYBERSCHOOL

Online Information Nights:

**Thursday, January 20, 2022 (6:30 p.m.)**

Preregistration required: <https://bit.ly/3ypQtIA>

**Tuesday, January 25, 2022 (6:30 p.m.)**

Preregistration required: <https://bit.ly/31UiMmr>



Cyberschool uses technology to deliver a traditional school curriculum while enhancing and extending student learning. The inquiry-based program, offered to students in Grade 6 and 7,



focuses on collaborative learning, knowledge building, flexibility, and choice. Students work online with their teacher and each other, while retaining the personal contact of traditional face-to-face learning.

### **Program Schedule**

In September students attend the program on-site (at Alouette Elementary) all 5 days a week. In October, Thursdays are Cyber-days where students work from home and attend virtual lessons. November through June, students are on-site on Monday, Wednesday, and Friday. Cyber days are Tuesday and Thursday where students attend virtual lessons from home.

Learn more about Cyberschool on our website <https://cyberschool.sd42.ca/> or follow us on Facebook: <https://www.facebook.com/district42cyberschool>

**REGISTRATION** for District Cyberschool opens on the Parent Portal at **noon, January 27, 2022**, and closes at **11:59 p.m. on February 7, 2022**.

*The District Cyberschool program runs out of Alouette Elementary (22155 Isaac Crescent, Maple Ridge). For more information about the District Cyberschool program, visit <https://cyberschool.sd42.ca/> or follow us on Facebook: <https://www.facebook.com/district42cyberschool>*

## **LATE FRENCH IMMERSION**

Online Information Nights:

**Tuesday, January 25, 2022 (7:00 p.m.)**

Preregistration required: <https://bit.ly/31Zi6Mf>

The SD42 Late French Immersion program is an excellent opportunity for students who want to learn a second language or are looking for a challenge. Students who are currently in Grade 5 are eligible to begin Late French Immersion in September 2022, at Golden Ears Elementary. This two-year elementary program continues at Maple Ridge Secondary School.

For more information about our French Immersion program, please contact Shelley Linton at 604.465.5828 or [shelley\\_linton@sd42.ca](mailto:shelley_linton@sd42.ca)

**REGISTRATION** for Late French Immersion opens on the Parent Portal at **noon, January 27, 2022**, and closes at **11:59 p.m. on February 7, 2022**.

*The Late French Immersion program runs out of Golden Ears Elementary (23124 – 118 Avenue, Maple Ridge).*



January 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Environmental School Sibling Kindergarten Registration	4 Environmental School Sibling Kindergarten Registration Closes	5 <b>General Sibling Kindergarten Registration Opens</b>	6 Wheelhouse Information session 6:30 pm Zoom	7	8
9	10 <b>Welcome back!!</b> School reopens after Winter Break	11 <b>General Sibling Kindergarten Registration Closes</b>	12 Environmental School Kindergarten Registration Opens	13	14 Black Shirt Day DayEnvironmental School Kindergarten Registration Closes	15
16	17	18 Wheelhouse Information session 6:30 Zoom	19 Choice Kindergarten Registration Opens	20 CyberSchool information session 6:30 Zoom	21	22
23	24 Non -Instructional Day - <b>No School for Students</b> - Choice Kindergarten Registration Closes	25 CyberSchool information session 6:30 Zoom	26	27 <b>Cyberschool, Wheelhouse, Late French Immersion Registration opens at 12:00</b>	28	29
30	31 PAC Meeting by Zoom 7:00					

## DAILY HEALTH CHECK

KEY SYMPTOMS OF ILLNESS	WHAT TO DO
Fever (above 38°C)	<b>If yes to 1 or more of these symptoms:</b> Stay home. Contact a health care provider or call 8-1-1 about your symptoms and next steps.
Chills	
Cough	
Difficulty breathing	
Loss of sense of smell or taste	
OTHER SYMPTOMS	WHAT TO DO
Sore throat	<b>If yes to 1 symptom:</b> Stay home until you feel better.
Loss of appetite	
Headache	<b>If yes to 2 or more of these symptoms:</b> Stay home for 24 hours. If symptoms don't get better or get worse, contact a health care provider or call 8-1-1 about your symptoms and next steps.
Body aches	
Extreme fatigue or tiredness	
Nausea or vomiting	
Diarrhea	
INTERNATIONAL TRAVEL:	WHAT TO DO
Have you returned from travel outside Canada in the last 14 days?	<b>If yes:</b> Fully vaccinated students, staff and other adults who have travelled outside of Canada may qualify for the <a href="#">fully vaccinated traveller exemption</a> .  Students, staff and other adults who are not <a href="#">fully vaccinated</a> and have travelled outside of Canada <b>CANNOT attend school for 14 days after arrival</b> , as part of <a href="#">federal requirements</a> .
CLOSE CONTACT	WHAT TO DO
Have you been notified by public health that you are a close contact of a person confirmed to have COVID-19?	<b>If yes:</b> Follow the instructions provided by Public Health.

You can also check your symptoms with the [K-12 Health Check](#) or the [BC Self-Assessment Tool](#).

Call 8-1-1 with any questions about symptoms of illness. If you have severe symptoms, like difficulty breathing (struggling to breathe or you can only speak single words) or chest pain, call 9-1-1 or go to the nearest Emergency Department.

Visit the [BC Centre for Disease Control website](#) for more information on COVID-19.

# Coronavirus disease (COVID-19)

Mandatory Requirements FOR UNVACCINATED CHILDREN UNDER 12 YEARS arriving in Canada without COVID-19 symptoms and TRAVELLING WITH FULLY VACCINATED PARENTS OR GUARDIANS



The Government of Canada has put in place emergency measures under the Quarantine Act to slow the introduction and spread of COVID-19 and variants in Canada. Symptoms can take up to 14 days to develop and the virus can be transmitted to others. To help keep others safe, you must meet the requirements under the *Minimizing the Risk of Exposure to COVID-19 in Canada Order (Quarantine, Isolation and Other Obligations)*.

Unvaccinated CHILDREN LESS THAN 12 YEARS OF AGE who enter Canada with their fully vaccinated parents, step-parents, guardians or tutors, are not required to quarantine upon entering Canada if both the child and the parents, step-parents, guardians or tutors, meet certain requirements in the Order and comply with the conditions imposed on them by the Minister of Health.

## Public Health Measures

You must follow the public health measures listed below which set out the requirements under the Order and conditions imposed by the Minister of Health for your child and monitor their symptoms carefully for their own health and the safety of others.

These measures apply only if the child does not develop symptoms, is not exposed to anyone with COVID-19 symptoms, or test positive for COVID-19. Provincial and territorial measures are guided by local epidemiology and local circumstances may require stricter measures. If your local jurisdiction requires additional measures, these must be followed.

For the next 14 days You MUST:



### LIMIT CONTACT WITH OTHERS

- Stay in an acceptable place that allows the child to avoid all contact with persons who meet the following conditions:
  - has an underlying medical condition that makes the person susceptible to complications related to COVID-19;
  - has a compromised immune system from a medical condition or treatment; or
  - is 65 years of age or older.
- Make sure the child remains with their fully vaccinated parent and/or guardian, as much as possible.
- Make sure the child enters public settings only in accordance with the instructions below, and wears a well-constructed, well-fitting mask to minimize the risk of introducing or spreading COVID-19.



### TAKE COVID-19 TESTS

- Have the child take COVID-19 molecular tests as instructed (see separate handout for instructions), unless you have evidence that the child had a positive COVID-19 test taken 14 – 180 days prior to arrival in Canada OR the child is under 5 years of age.
  - Should the child develop signs or symptoms or test positive, isolate them immediately, call the local public health authority, and follow their instructions.
- Keep a copy of travel-related COVID-19 molecular test results for the next 14 days.
- Upon request, provide the child's test results to the Government of Canada or government of the province or territory where you are staying or residing, or to the local public health authority.



### REPORT AND MONITOR

- Monitor the child's health.
- Maintain a list of names and contacts with whom the child came into close contact during the 14-day period.
- For the next 14 days after entry to Canada if the child develops sign or symptoms or tests positive for COVID-19, you must:
  - Report it immediately to PHAC by calling 1-833-641-0343, and
  - Follow all local public health requirements, including quarantine or isolation.



**WARNING:** Your compliance with this Order is subject to monitoring, verification and enforcement. If you or your child do not comply, your child may not be exempted from quarantine. You and your child may also be transferred to a quarantine facility, face fines, tickets, and/or imprisonment.



Government of Canada  
Gouvernement du Canada

Canada

## Symptoms

Should any of the following symptoms appear, or the child receive a positive result for a COVID-19 molecular test before the expiry of the 14-day period that begins upon entry into Canada, immediately isolate the child away from others and call your local public health unit for further instructions.

- › new or worsening cough
- › shortness of breath/difficulty breathing
- › muscle or body aches, fatigue, weakness
- › feeling very unwell
- › new loss of smell or taste
- › feeling feverish, chills, or temperature equal to or over 38°C
- › skin changes or rashes
- › headaches
- › gastrointestinal symptoms like abdominal pain, diarrhea, or vomiting

## What your child CANNOT DO for the next 14 days

- › Attend a setting where they may have contact with vulnerable people (e.g. long term care facility), including with people who are immune compromised, regardless of that person's vaccination status or public health measures in place.
- › Attend school, camp or day care.
- › Travel on crowded public transportation that does not ensure physical distancing and masking (e.g. crowded subway).
- › Attend large crowded settings, indoors or outdoors, such as an amusement park or sporting event.

## What your child CAN DO for the next 14 days

- › Visit uncrowded public settings such as parks, beaches or going for a walk while wearing a mask unless physical distancing can be maintained.
- › Gather on your own property with people from multiple households provided the child wears a mask and maintains physical distance.
- › Take uncrowded public transportation such as a taxi, or rideshare provided masks are worn at all times.
- › Gather with a small group of people from outside the household who are all known to be fully vaccinated while your child wears a mask and maintains physical distancing.
- › Accompany you to essential settings such as a grocery store or pharmacy, provided the child wears a mask and maintains physical distancing.

## Public health authorities

Provinces and territories	Telephone number	Website
British Columbia	811	<a href="http://www.bccdc.ca/covid19">www.bccdc.ca/covid19</a>
Alberta	811	<a href="http://www.myhealth.alberta.ca">www.myhealth.alberta.ca</a>
Saskatchewan	811	<a href="http://www.saskhealthauthority.ca">www.saskhealthauthority.ca</a>
Manitoba	1-866-626-4862	<a href="https://manitoba.ca/covid19/restartmb/">https://manitoba.ca/covid19/restartmb/</a>
Ontario	1-866-797-0000	<a href="http://www.ontario.ca/coronavirus">www.ontario.ca/coronavirus</a>
Quebec	1-877-644-4545	<a href="http://www.quebec.ca/en/coronavirus">www.quebec.ca/en/coronavirus</a>
New Brunswick	811	<a href="http://www.gnb.ca/publichealth">www.gnb.ca/publichealth</a>
Nova Scotia	811	<a href="http://www.novascotia.ca/coronavirus">www.novascotia.ca/coronavirus</a>
Prince Edward Island	811	<a href="http://www.princeedwardisland.ca/covid19">www.princeedwardisland.ca/covid19</a>
Newfoundland and Labrador	811 or 1-888-709-2929	<a href="http://www.gov.nl.ca/covid-19">www.gov.nl.ca/covid-19</a>
Nunavut	1-867-975-5772	<a href="http://www.gov.nu.ca/health">www.gov.nu.ca/health</a>
Northwest Territories	811	<a href="http://www.gov.nt.ca/covid-19">www.gov.nt.ca/covid-19</a>
Yukon	811	<a href="http://www.yukon.ca/covid-19">www.yukon.ca/covid-19</a>



It's really tough to be going through hard stuff with a child or youth who is struggling with their mental health and they end up in crisis – and we want to help you. We know what it's like because we've been there.

## TOPICS

### Session 1 & 2:

How to support a safety plan at home

### Session 3:

How to take care of yourself and family after a crisis

### Session 4:

How to find the resources you need

Region: **Fraser**

Dates: Jan. 10, 12, 17, 19  
Times: 12:00 pm - 1:00 pm

Dates: Jan. 31 & Feb. 2, 7, 9  
Times: 12:00 pm - 1:00 pm

Dates: Jan. 4, 6, 17, 19  
Times: 7:00 pm - 8:00 pm

Dates: Feb. 4, 6, 17, 19  
Times: 7:00 pm - 8:00 pm

There is no cost to families. Registration is required:  
[www.familysmart.ca/workshops](http://www.familysmart.ca/workshops)

Help for the Hard Times workshops are facilitated by parents with lived experience. The workshops are hosted online and include a one-on-one video conference or phone call with a Facilitator.

