

NEW PATH YOUTH AND FAMILY SERVICES, TWIN LAKES SECONDARY SCHOOL, SUPPORTING CHILDREN'S MENTAL HEALTH AT BRECHIN PUBLIC SCHOOL

New Path Youth and Family Services (New Path) is paying it forward to help support child and youth mental health services at Brechin Public School. Funds, which were received by New Path from the Leadership/Student Council at Twin Lakes Secondary School (Twin Lakes), were raised by students registered in the peer tutoring course through their "Fun Day" activities during Children's Mental Health Week (CMHW). This year Brechin Public School (BPS), a Twin Lakes feeder school, has been nominated as the recipient of the \$500 donation.



Left to right: From Brechin Public School are Janet Copp and Emily Laver-Shareski, from New Path Youth and Family Services, Michelle Goodman and Kent Boehme, and from Twin Lakes Secondary School, Holly Kehoe and Julie Keats.

"This decision was based on the fact that the school is somewhat under resourced with regards to their rural location and services aren't as accessible to their students and families," says Michelle Goodman, New Path Youth and Family Services School Based Mental Health Worker. "It is important to build capacity within school communities as it then allows for further education, exploring resources and most importantly breaking down the walls of stigma that can be attached to Mental Health."

BPS is focusing on the wellness of their students, their families and within their own staffing teams. This donation will allow the school to continue these efforts toward a healthier school community. "At Brechin Public School, we believe that it is extremely important to support the mental health of our students. The student leaders of our Mental Health team began last year by teaching us, through a half day of workshops and activities, what mental health is, why it is important and how to support and improve your own mental health and that of others," says Janet Copp, Grade 7-8 Teacher Brechin Public School.

"This year, the Student Mental Health team identified their focus as the creation of a calming space, where students who need a break can go to reduce their anxiety and prepare themselves to re-enter the classroom. With this generous donation of funds flowing from Twin Lakes Secondary School through New Path Youth and Family Services, the team can now begin to outfit this space with materials that anxious students can use to calm themselves. We look forward to making this idea a reality, and are grateful for your support."

Along with this financial support New Path also offers the school expertise and staff for Children's Mental Health Week activities which occur this year from May 1st - 7th.

To learn more about New Path Youth and Family Services, to donate, or get involved please visit www.newpath.ca, follow us on social media Facebook: [New Path Youth & Family Services](#) Twitter: [@NewPathYFS](#) or sign up for our quarterly [TrailSigns Newsletter](#)

About New Path Youth and Family Services of Simcoe County

New Path Youth and Family Services of Simcoe County is a government supported, registered not for profit charitable organization. We are an accredited children's mental health agency providing a range of innovative and accessible services for children, youth and their families throughout Simcoe County. We are the Lead Agency in Simcoe County for Moving on Mental Health (MOMH) committed to leading system change in the County. As Lead Agency, New Path seeks to enhance the experience and outcomes of children, youth and their families seeking assistance with mental health and wellness.

