

CONNECT-ED

YOUTH WELLNESS GROUP

For more information on CONNECT-ED,
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Mental Health Peer Support Group
Connecting. Educating. Celebrating.

www.connectformh.ca

Thank you for your interest in **CONNECT-ED**, a free six-week Youth Wellness Program that aims to connect teens with the tools to educate and celebrate mental health awareness.

CONNECT-ED is an extension of CONNECT for Mental Health Inc. a primarily volunteer-run organization within London, Ontario. Run by and for individuals who have been affected by mental illness, we aim to promote sustainable systems of support in the community that empower individuals struggling with mental health to command their own recovery journey.

Volunteer facilitators of CONNECT-ED have training in peer support from CONNECT for Mental Health's training program and/ or the Ontario Peer Development Initiative's training program. Sessions run once a week, for six weeks, 1.5 hours at a time.



CONNECT-ED is recommended for all youth 13 to 17 years of age.

Our free non-clinical, peer support modules focus on the following topics:

- Defining mental health vs. mental illness
- Harnessing effective coping strategies
- Applying mindfulness practices
- Discussing body image and celebrities
- Dealing with bullying and peer pressure

Our 1.5 hour sessions have included engaging exercises, such as:

- Painting
- Yoga
- Acting and role playing
- Poster creation
- Creating mental health toolboxes

