



ST. CLAIR CATHOLIC
DISTRICT SCHOOL BOARD

Lighting the Way ~ Rejoicing in Our Journey

MEDIA RELEASE: FOR IMMEDIATE RELEASE

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URSULINE COLLEGE HOSTS WEEK LONG SCHEDULE OF EVENTS IN SUPPORT OF YOUTH MENTAL HEALTH

April 22 – 26 is Mental Health Week at Ursuline College and student organizers have planned an entire week of special events to promote mental health awareness and healthy lifestyles.

“We have fun activities planned for each day during the lunch period, that will help to promote the importance of good mental health,” say Angela Van Waes and Alexandria Brady, two of the student organizers.

Community agencies have also been invited to the school to set up information booths; and on Thursday there will be a *Me to We* presentation for Grade 11 and 12 students, featuring Molly Burke, a noted speaker for the *Me to We* organization. Molly was diagnosed at age four with a retinal disease, which causes loss of vision. Her deeply personal message to students is that any challenge in life – bullying, mental illness or a loss of vision – can be overcome.

UCC’s Youth Mental Health Week activities are made possible through a grant from the *Dare to Dream Program*, which is funded by the Ontario Centre of Excellence for Child and Youth Mental Health. The *Dare to Dream Program* is designed to create support programs and to develop and make available tools which empower, engage and energize all youth. Jeff Moco, Youth Engagement Coordinator for the Chatham Kent Public Health Unit, has also been a tremendous resource in helping to plan the week’s events.

“Our students want to help UCC grow in awareness of the stigma attached to mental illness,” says Gerri Brown, Principal of Ursuline College Chatham Catholic Secondary School. “We are proud of the work that has gone into the planning of this week-long schedule of events and in the message it sends about the importance of mental health in our school and our community.”