



## The KPDSB's

# Summer Mental Health Supports & Special Education Learning Opportunities

We are pleased to offer the following summer supports to our students.



### SUMMER MENTAL HEALTH SUPPORTS

Over the summer months, between July 2nd and August 31st, access to mental health services will be available through the Keewatin-Patricia District School Board. These TIER 2 supports include wellness check ins, identifying and learning coping skills, and support for decreasing mild to moderate anxiety and depression. In the event your child needs support over the summer please contact one of our student counsellors by emailing [summermentalhealthsupports@kpdsb.ca](mailto:summermentalhealthsupports@kpdsb.ca).

*These services do NOT include crisis/TIER 3 support. In the event you or your child is in crisis over the summer please call 911, crisis response at 1-866-888-8988 or access local outreach numbers on our [KPDSB website](#).*



### THREE WEEK BRIDGING THE GAP ONLINE LEARNING OPPORTUNITY

This is an exciting free learning opportunity that will be tailored to all students from Kindergarten to Grade twelve. This worthwhile learning opportunity is intended to support Special Education students who may benefit from engaging in thirty-minute interactive online sessions (see schedule below, sessions could be small group or larger group learning) offered daily during the three week program. We recognize that students may not be able to attend all sessions. [If interested, register your child\(ren\) by clicking on this link](#). Registration closes July 3, 2020 and space is limited.

- 9:30-10:00 Self-Regulation/Mindfulness
- 10:00-10:30 Literacy
- 10:30-11:00 Numeracy
- 11:00-11:30 Life Skills/Social Skills
- 11:30-12:00 Speech and Language Skills with KPDSB's Speech-Language Pathologist



### TRANSITION SUPPORTS FOR VULNERABLE STUDENTS

Transition planning will be done in collaboration with school staff, students, and parents/guardians. Transitions will be taking place in the two weeks before our return to school. This program is intended to be offered in person as Northwestern Health Unit restrictions allow. They are intended to support our most vulnerable youth (K-12) who would benefit from additional special education and mental health support prior to a return to school buildings, as a way of supporting a student's successful return to school.

