

# Family Newsletter:

## Mental Health and Well-being for Learning

### Kindness & Connection: Building Emotional Resilience Through Relating

During a season filled with festive plans and packed schedules, it's easy to overlook what truly matters. Simple acts of kindness and genuine connection are powerful protective factors for mental health, for both children and adults.

#### Kindness

Acts of kindness, whether toward ourselves, others, or the broader community, strengthen our capacity for compassion and support mental health. They help us recognize emotions, understand our relationships, and foster meaningful connections.



The following resources provide ideas and deeper learning opportunities for children and families:

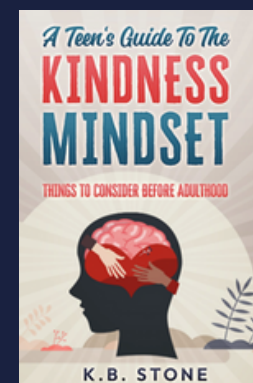
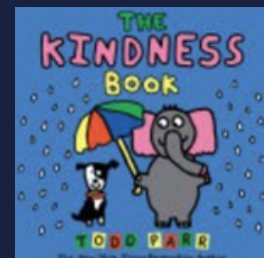
- [The Random Acts of Kindness Foundation](#) shares RAKactivities and Daily Doses of Kindness to guide family engagement.
- [The Kindness Book](#) – by Todd Parr. A playful, child-friendly picture book about kindness, perfect for younger children as an entry point into conversations about being kind and connected.
- [A Teen's Guide to the Kindness Mindset: Things to Consider Before Adulthood](#) by K.B. Stone guides teens through the challenges of adolescence by helping them understand how kindness can shape their relationships, sense of purpose and well-being.

#### Connection

When we feel seen, heard, and cared for, our bodies release “feel-good” hormones that lower stress, steady our emotions, and strengthen our sense of safety. Regular positive connection helps build emotional resilience and protect mental health.

A few simple ways for families to foster connection:

- Put devices aside for a few minutes each day to give your child your full attention.
- Ask open questions like “What was something that made you smile today?”
- Share stories from your own day - children love seeing that adults have feelings too.
- Practice kindness together - help a neighbour, send a thank-you note, or simply say, “I love how you tried your best today.”
- Check in on each other's mental health - talk about emotions the same way you'd talk about physical health.



# Mental Health Supports

## Rapid Access Counselling (RAC)

Family Service Saskatchewan's [Rapid Access Counselling Program](#) is delivered through a partnership of member agencies in communities across Saskatchewan.

Counselling sessions are available to children, youth, adults, and families in Saskatchewan. Virtual counselling is available to support families.

For more information and to book an appointment: [www.counsellingconnectsk.ca](http://www.counsellingconnectsk.ca)



## Sask Ag Matters

[Sask Ag Matters](#) offers free mental health support services for Saskatchewan agriculture producers. This program offers free mental health support services for Saskatchewan agriculture producers, their family members and agricultural workers.

Each individual is financially covered for six hours of therapy per year with trained and registered mental health professionals that have a background in farm culture.

## Kids Help Phone (KHP)

[Kids Help Phone](#) (KHP) is always here for young people in Saskatchewan and across Canada – any day, any time, day or night. KHP's e-mental health services are free, multilingual and confidential. If you know a young person who is struggling with a problem, big or small, you can encourage them to contact KHP for support - by calling, texting or going online (see details in graphic below).

KHP offers support without obstacles, help with any hardship and support in any moment of need. The following links provide more KHP information:

- KHP helps kids understand [mental health](#).
- In 2023, over 50 Canadian musicians created a song in support of KHP's [Feel Out Loud](#) mental health movement.

A graphic for the Kids Help Phone 'Feel Out Loud' campaign. It features the KHP logo in red and white, with the text 'KIDS HELP PHONE' and 'Feel Out Loud' in red. Below the logo is the text 'Join the movement at KidsHelpPhone.ca'. At the bottom, there are three columns of contact information: 'Call. 1 800 668 6868', 'Text. 686868', and 'Online Message. KidsHelpPhone.ca'.

**KHP** KIDS HELP PHONE **Feel Out Loud**

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