

# Family Newsletter: Mental Health and Well-being for Learning



January 2026

## Supporting Mental Health in the New Year

January is a time for fresh starts, but it can also bring pressure and stress. Families play a key role in helping children build resilience and healthy habits. Here are a few ways families can work together on mental health and well-being:

### Goal Setting with Self-Compassion

- Why it matters - Unrealistic expectations for self or others can lead to stress. Teaching self-compassion helps children see mistakes as part of learning.
- Adult tip - Model self-kindness by sharing your own goals and how you handle setbacks.



### Building Healthy Habits for Mental Health and Well-being

- Why it matters – Consistent and predictable routines help children (and adults) feel safe and reduce anxiety.
- Adult tip - Start with one habit—like a nightly gratitude check-in or a short walk together.



### Winter Wellness: Coping with Seasonal Stress

- Why it matters - Shorter days and cold weather can affect mood and energy in children and adults.
- Adult tip - Encourage outdoor time when possible and brainstorm indoor activities as a family.



### Strengthening Emotional Literacy

- Why it matters - Naming feelings helps children manage their emotions and ask for support.
- Adult tip - Share your own emotions openly—children learn by example.



### Digital Balance and Mindful Tech Use

- Why it matters - Excessive screen time can impact our well-being.
- Adult tip - Set tech-free times (like during meals) and explain why balance matters.



### Family Activities to Promote Mental Health Literacy and Well-being:

- Create a “Family Reflection Jar” - Each week invite everyone to write down one thing they learned or felt proud of and place it in the jar. At the end of the month, read the reflections and celebrate growth and effort.
- Plan a weekly “Family Fun Night” with games, crafts, or cooking together.
- Create a “Tech-Free Challenge” for the family - celebrate creative offline activities.
- Create a “Family Wellness Bingo” - Make a bingo card with simple mental health habits like “share one thing you’re grateful for,” “take a ten-minute walk” or “read together for 15 minutes.”

Each time a family member completes an activity, mark it off!

# 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)

## 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.



## 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.