



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



May 2026

## Mental Health Literacy

### Stronger Connections, Better Mental Health

This year's Canadian Mental Health Association theme for Mental Health Week: **"Come Together, Canada: Stronger Connections, Better Mental Health"** highlights the important role connection plays in our well-being.

Connection is a basic human need. When children feel connected to caregivers, peers, and their community they are more likely to feel safe, valued, and supported. At the same time, many people today are experiencing increased loneliness and disconnection. Mental Health Week reminds us that even small, everyday moments of connection can make a meaningful difference.

### Understanding Connection & Mental Health

- **Why it matters** – Strong relationships are one of the most important protective factors for mental health. When children feel supported, they are better able to cope with challenges, regulate emotions, and ask for help when they need it.
- **Adult actions** – Focus on creating consistent, meaningful moments of connection. Simple interactions—like listening, playing, or sharing time together—help build trust and belonging.

### Building Everyday Moments of Connection

- **Why it matters** – Connection doesn't require big events. Small, intentional moments throughout the day help children feel seen and valued.
- **Adult actions** – Be fully present during everyday routines (meals, car rides, bedtime). Put away distractions and give your child your full attention, even for a few minutes.

### Supporting Children Through Loneliness

- **Why it matters** – Loneliness can affect children's mood, behaviour, and self-esteem, even if they are surrounded by others.
- **Adult actions** – Watch for signs such as withdrawal, irritability, or changes in behaviour. Gently check in and validate feelings ("It seems like you've been feeling a bit alone lately").

### Helping Children Build Connection Skills

- **Why it matters** – Skills like empathy, listening, and cooperation help children form and maintain positive relationships.
- **Adult actions** – Model and teach simple social skills: taking turns, asking questions, noticing others' feelings, and repairing conflicts when they happen.

### Creating a Culture of Belonging

- **Why it matters** – Children thrive when they feel they belong—at home, at school, and in their community. A sense of belonging strengthens identity and emotional well-being.
- **Adult actions** – Use inclusive language, celebrate differences, and create opportunities for your child to contribute and feel valued within the family.



**Family Activities to Support Positive Connection:**

- Practice a daily check-in: "Who did you feel connected to today?"
- Plan regular family connection time (shared meals, walks, or game nights)
- Encourage small acts of connection (smiling, helping, including others in play)
- Reach out together to friends, neighbors, or extended family
- Create a "connection challenge" for the week—one small act of connection each day

# Mental Health Supports

## Healthy Tech Solution

The Saskatoon Industry Education Council (SIEC) is pleased to share a valuable resource designed to support parents, guardians, and school communities in navigating today's digital world. The [Healthy Tech Solution Program](#), created by psychiatrist Dr. Shimi Kang of Future Ready Minds, offers a neuroscience-based approach to helping families build healthier relationships with technology.

This free program includes 10 short video modules, each paired with downloadable discussion guides and worksheets. These resources are designed to help facilitate meaningful, age-appropriate conversations with children about technology use, grounded in neuroscience and evidence-based strategies. The program can be used independently or in group settings such as School Community Councils or parent group sessions.

The series explores important and timely topics, including:

- Technology habits and screen use
- Tech addiction and setting healthy boundaries
- Online safety, including sextortion risks
- The risks and benefits of artificial intelligence

Using Dr. Kang's Healthy Tech "Diet" Model, parents and caregivers are equipped with practical tools to support children and youth in developing balanced, healthy tech habits. Create an account for free access all modules and downloadable resources. Participants can move through the content at their own pace or use the materials to guide group discussions within their school community.

## 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** KIDS HELP PHONE **Feel Out Loud**

Join the movement at [KidsHelpPhone.ca](http://KidsHelpPhone.ca)

Call. 1 800 668 6868      Text. 686868      Online Message. [KidsHelpPhone.ca](http://KidsHelpPhone.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 who have a background in farm culture.

**HEALTHY TECH SOLUTION PROGRAM**

CREATED BY DR. SHIMI KANG OF FUTURE READY MINDS

ONLINE RESOURCES FOR PARENTS, GUARDIANS AND SCHOOL COMMUNITIES

- ✓ FREE PRINTABLE GUIDE PER MODULE
- ✓ COVERS TECH HABITS AND AI USE
- ✓ PRACTICAL WAYS TO SUPPORT KIDS
- ✓ EXPERT TIPS AND READY-TO-USE TOOLS

FREE ONLINE ACCESS

SIEC MINDS