



Consider the Following

6 out of 10 Youth report having concerns about their level of anxiety (Children's Mental Health Ontario, 2018)

Approximately 1 in 5 children and youth in Ontario has a mental health challenge. About 70% of mental health challenges have their onset in childhood or youth. (CMHA, 2018)

28% of students report not knowing where to turn when they wanted to talk to someone about mental health (Children's Mental Health Ontario, 2018)

Resources

KidsHelpPhone: 1 800 668 6868 (Ages 5-20)

Mental Health Helpline: 1-866-531-2600 (All Ages)

CMHA Distress Lines: 519-601-8055 / 1-844-360-8055 (16+)

Reach Out at 519-433-2023 (London) or 1-866-933-2023

(Reach Out is a confidential 24/7 information, support and crisis service for people living with mental health or addiction concerns)

About Social Programs:

- ✓ Social Programs are a fun, interactive and inclusive way children and youth can learn about themselves, build resilience gain confidence, and learn practical life skills. Social Programs provide a safe space for participants to be themselves free of judgement.
- ✓ During Social Programs, boys and girls will learn from interesting guest speakers, and participate in fun and creative activities that promote health for the body, mind, and soul.
- ✓ All Social Programs are included with visitor fees and memberships to the Boys & Girls Club.
- ✓ Registration is required to be involved in all Social Programs.

For more information and to register for Social Programs, please contact the Social & Mental Health Coordinator

Jacqueline Angus

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SOCIAL Programs

Winter 2019

January-March



Boys & Girls Club
of London
A good place to be

"A safe space for children to be themselves, learn life skills, and meet new people."

184 Horton Street East
London, ON
N6B 1K8



Monday GIRLS AT BAT

Ages 8-12



January 14th-March 18th

(excluding February 18th and March 11th)

5:15p.m.-6:00p.m.

Description: This social group is just for girls to have fun and learn about themselves. We aim to focus on establishing positive and successful habits for the teenage years ahead. We encourage girls to support one another and bring each other up.

Topics Covered: Anti-bullying, body image, body changes, decision making, healthy active living, stereotypes, media, personal hygiene, self-esteem, peer pressure, and female empowerment.

Tuesday GUYS GROUP

Ages 8-12

January 15th-March 19th (excluding March 12th)

5:15p.m.-6:00p.m.

Description: Offers a fun and creative space for boys to stay active and learn about themselves. We will dive into ways to cope with stressful situations in a healthy way. We want to incorporate this program with positive role model guest speakers and recreational activities that foster confidence and positive self-esteem.

Topics Covered: Exercise, self-esteem, emotions, anti-bullying, how to cope with peer pressure, importance of hard work, personal hygiene, body image, mental health, and empowerment.



Wednesday SHINING STARS

Ages 11-13



January 16th-March 20th (excluding March 13th)

5:15p.m.-6:00p.m.

Description: Focusing on mental health and having a positive self-awareness. Participants will be taught some life skills to optimize resilience and self-esteem. We aim to provide members with confidence so they can be the most successful version of themselves. We want to create open discussion about World issues, and provide a safe space for participants to share their opinions and values.

Topics Covered: How to build a resume, self-care, World issues, coping skills, relationship building, healthy relationships, mindfulness, social media safety, and consent.

Thursday ART EXPRESSION

Ages 9-13



January 17th-March 21st (excluding March 14th)

5:15p.m.-6:00p.m.

Description: In this social program we will be expressing our emotions through different forms of art. Through the power of visual arts and theatrical arts, participants will be able to express how their feeling. Art has incredible powers to be a therapeutic aid in troubling times. This a great program for participants to "let out" their emotions in a safe space using various creative outlets.

Topics Covered: Grief and Bereavement, loneliness, bullying, identity, empowerment, confidence, and expressing our emotions.

Friday BE THE BEST YOU



Ages: 6-10

January 25th-March 22nd

(Excluding March 15th)

5:15p.m.-6:00p.m.

Description: Focusing on the importance of keeping a positive and optimistic outlook on life. Learning skills to cope with tricky situations we handle in everyday life. A safe space for participants to feel welcomed by peers and a place where we build one other up.

Topics Covered: Resilience, body image, positive self-talk, anti-bullying, conflict resolution, friendship building, and mindfulness.

take time
to Make
your soul
happy