



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, participants 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

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SOCIAL PROGRAMS

Spring 2019

April and May



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 WONDER WOMEN



Ages 11-15

April 1ST - May 27th (excluding Monday April 22nd and Monday, May 20th)

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

Description: This social group is just for girls entering teenage hood. This group is for girls to feel supported and heard. The goal of this program is to teach young girls about their potential so they can be the most successful version of themselves. Confidence, self-esteem, and self-love is so important in young girls. We want to empower one another and build one another up.

Topics Covered: *Body image, puberty, decision making, healthy active living, stereotypes, media, personal hygiene, self-esteem, peer pressure, and female empowerment.*

Tuesday GUYS GROUP

Ages 8-12

April 2nd- May 28th

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 will be incorporating 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 CULTURE CLUB



Ages 8-13

April 3rd - May 29th

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

Description: We focus on understanding different cultures. We dive into their beliefs, rituals and cultural differences. This will be a fun and exciting program that takes children on a journey to learn about different music, foods, ceremonies, rituals and so much more.

Topics Covered: Current events, importance of family, racism, stereotypes, cultural sensitivity, and respect for all people.

Thursday GIRLS AT BAT

Ages 9-13

April 4th- May 30th

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 build 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.*

Friday Art Expression



Ages: 8-12

April 12th- May 31st (excluding April 19th)

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 and theatrical arts, participants will be able to express how they're feeling. Art has incredible powers to be a therapeutic aid in troubling times. This is 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.

Social Program Quotes from Participants

"I learned how to stick up for others."

"I have learned to be kind, and to understand that a bully might be going through a hard time."

"I learned that doing artistic stuff is super relaxing and therapeutic, it helped a lot."

"I learned how to be a hero."

"I learned how to be a man."

"I learned to love myself."

"I learned that no means no, and taking care of myself is very important."