



Youth Health Connect

2016/17 School Year

DATE	THEME
Sept 1	Grade 9 Orientation (FIT)
Sept 7	We're Back! What is Youth Health Connect? (Introduction of the What's Up Doc? Box)
Sept 14	Volunteer Opportunities 
Sept 21	Youth Recreation Opportunities 
Sept 28	Get Connected: Online Health Resources What is: Youthhelp line? What is Crisis line? GET CONNECTED
Oct 5	Keeping it Real: Stress and Coping with the STACD Project 
Oct 12	Games + Fun = <i>Let's Do This!</i>
Oct 19	Youth Health Connect is Away This Week
Oct 26	The Masks We Wear: Exploring the Mask of Stigma With the Canadian Mental Health Association (CMHA)
Nov 2	Nutrition Myth Busters: Sugar Shockers and The Veggie Challenge 
Nov 9	Caring For Yourself: Safer Sex and All of the Other Stuff In Between
Nov 16	Get your Game On: It is Time to Bust Out the Wii!
Nov 23	Move Your Body, Change Your Mind: Fitness to Promote the Good "Feels" 
Nov 30	Get in the Know: Learn About Vapors, E-cigarettes, Nicotine and Tobacco
Dec 7	What's So Funny?: Laughter Really is the BEST Medicine! POSITIVE VIBES ONLY
Dec 14	Holiday Stress Busters! 

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Dec 21	Youth Mental Health Needs YOU!: Tell Us What You Need, We're Listening. <i>What's Up Doc Answers!!!</i>
Jan 11	Double Feature: Life Hacks to Help You Ace That Next Exam & A Thousand Words for All the Feels Art Activity (Photography) 
Jan 12	Integrated Arts Showcase (evening)
Jan 18	Foods to Kick Start Your Health 
Jan 25	EXAMS

2nd Semester

DATE	THEME
Feb 8	High Body Confidence: Worshiping Our Temple 
Feb 15	 Safe & Secure: A Focus on Healthy Relationships 
Feb 22	Rack It Up!: Random Acts of Kindness – How a little can go a long way ☑
Mar 1	Get Creative & Shout It Out: Tell Us What Youth Health Connect Means to Your School! 
Mar 8	LGBTQ Fun Places & Safe Spaces: Identifying Our Allies 
Mar 22	Take the Fight Out of Food: Conversations with a Nutrition Expert
Mar 29	Community Resources – How to Get Involved

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Apr 5	Working Hard for the Money: Finding a J-O-B! Employment Resources	
Apr 12	<i>International Day of Pink (check out paint the town pink)</i>	
Apr 19	Earth Day 2016: Trees for the Earth	
Apr 26	What's Going On in Your Community? (Community Resources)	
May 3	Mental Health Week: The Faces of Stigma	
May 10	<i>"But What Do I Say?": Talking to Your Doctor</i>	
May 17	Open Table, Open Minds: Art, Games, Colouring and More... ✌️ NAMASTE ✌️	
May 24	We Asked and Here's What You Said! (Share Survey Results)	
May 31	Community Resources: What's Happening This Spring and Summer?	
June 7	You Are A Piece of the Puzzle: Cultural Diversity	
June 14	Play Works:(Outside Activities)	
EXAMS (Good Luck!)		

* Themes subject to change. Cancellations may occur due to unforeseen circumstances.