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## Faith & Wellness: A Daily Mental Health Resource

### Pilot Project Information

Calling all Kindergarten to Grade 8 Teachers!

Looking for ways to support student social emotional development and resiliency?

Read on...

The Ontario English Catholic Teacher's Association, in partnership with [School Mental Health ASSIST](#), has co-developed *Faith and Wellness: A Daily Mental Health Resource*. This Kindergarten to Grade 8 resource supports the development of social emotional learning and builds student resiliency. This evergreen resource offers a repository of evidenced based, every day mental health practices with connections to our Catholic faith that can be easily incorporated into existing classroom practice.

OECTA will be piloting this resource with a select group of teachers between February 2019 – May 2019. The purpose of the pilot project is to gather feedback in an effort to improve usability moving forward.

Teacher participation in this pilot project is voluntary. Space is limited and \*selected participants are required to participate in an online information session on January 28, 2019 between 4:15pm – 5:30pm. The information session will outline the complete details of the project and will provide an opportunity for Q&A.

Those interested are asked to complete the on-line [application](#) by **January 16, 2019**. Successful applicants will be notified via email the week of January 21, 2019.

\*We are seeking a range of participants whose class(es) are reflective of the diversity within our Catholic system.

Should you have any questions about this pilot project, please contact, Belinda Russo Kieffer at [b.russo@catholicteachers.ca](mailto:b.russo@catholicteachers.ca).