



May 7th is National Child and Youth Mental Health Day and we want to celebrate by bringing us all together to do some **learning around** how we can **create caring connections with our kids** when their mental health or substance use becomes a barrier to us connecting.

We know the impact that having caring connections can make on our kids and the caring adults in their lives.

**Join us for three online events May 6, 7, and 8th**



Click the video above to hear from Victoria as she shares a caring message with all of us ahead of National Child and Youth Mental Health Day

Free Online Events

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SUBSTANCE USE AND THE POWER OF SUPPORT

## A Conversation With Guy Felicella

Thursday, May 8, 2025 6:30pm – 7:30pm (PST)

REGISTER  
NOW



[Register for this free online event](#)

SUPPORTING KIDS WITH SUBSTANCE MISUSE

## A Conversation With Together We Can

Wednesday, May 7, 2025 6:30pm – 7:30pm (PST)

REGISTER  
NOW



  
TOGETHER WE CAN  
DRUG & ALCOHOL MISUSE & SUICIDE SOCIETY

[Register for this free online event](#)

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FINDING AND CREATING CONNECTION WITH KIDS

## A Conversation With *Parents*

Tuesday, May 6, 2025 6:30pm - 7:30pm (PST)

REGISTER  
NOW



[Register for this free online event](#)

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Ways to Get Involved

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## For Parents & Caregivers

- Join us online for our upcoming events
- Start conversations that help kids feel heard and understood
- Use our Say, Don't Say Cards and conversation guides to support connection at home.
- Create small moments of connection to show them how much you care

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## For Educators & Schools

- Plan classroom activities that build connection and support student mental health.
  - Share messages of care and create space for students to express themselves.
  - Display May 7 posters and resources to raise awareness school-wide.
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## For Community Members & Organizations

- Share the May 7 Message on social media and in your networks
- Host a conversation event or activity focused on connection and care
- Encourage schools, groups and families to participate

