

WELL-BEING SNAPSHOTS K-7

SCHOOL NEWSLETTER CONTENT TO HELP FAMILIES THRIVE



The Well-being Snapshots:

- Provide mental health & well-being content for school newsletters
- For parents and staff of students in grades K-7
- Newsletter content includes:
 1. Parent-friendly and evidence-based information
 2. Practical and effective tools to improve mental health and well-being
 3. Infographics
 4. Links to family-friendly podcasts, books, and online tools.

Developed for SCSBC schools by Registered Clinical Counsellor, Karen Peters ([ThriveLife Counselling & Wellness](#)). Karen provides Continuous Quality Improvement oversight for the Child and Youth Mental Health (CYMH) program province-wide.

Karen's Podcast: [Parenting in the Trenches](#)

Karen Peters



THERAPIST



CONSULTANT



EDUCATOR