



ST. CLAIR CATHOLIC
DISTRICT SCHOOL BOARD
Lighting the Way ~ Rejoicing in Our Journey

MEDIA RELEASE: FOR IMMEDIATE RELEASE

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STUDENT WELLBEING IS THE FOCUS OF YOUTH THINK TANK TO BE HOSTED BY ST. CLAIR CATHOLIC

The St. Clair Catholic District School Board will host a youth think tank for about 50 students from Ursuline College Chatham Catholic Secondary School and St. Patrick's Catholic High School in Sarnia this Friday in Wallaceburg.

"We will be asking our student leaders to help create and design wellbeing bulletin boards for use in schools throughout our district," says Christine Preece, the Board's Mental Health Lead.

"The purpose is to create consistent messaging and themes on the subject of good mental health," says Mrs. Preece.

"This student think tank is a tremendous opportunity to involve our students as partners in helping to create awareness about developing and maintaining healthy lifestyles and mental wellbeing," says Deb Crawford, Superintendent of Education.

The event will be facilitated by **mindyourmind**, an award-winning, not-for-profit mental health program from London, that engages youth, young adults and the professionals who serve them, to co-develop reliable and relevant resources. The goal of the organization is to inspire youth to reach out, get and give help.

Facilitators from **mindyourmind** will lead the think tank participants through a studio design workshop and help them to brainstorm ideas and offer input into the messaging they believe should be included on bulletin boards which promote mental wellbeing.

mindyourmind helped to develop *Be Safe*, a new mobile app, which was jointly purchased by St. Clair Catholic, the Lambton Kent District School Board and the Canadian Mental Health Association, and launched last October.

The Mental Wellbeing Youth Think Tank will be held on Friday, December 11, 2015 from 9:00 a.m. until 1:15 p.m. at Our Lady Help of Christians Parish Hall, Elgin Street, Wallaceburg.

Members of the media are welcome.