

E-Newsletter February 2022

# BUILDING THRIVING COMMUNITIES

Community Schools in B.C.



**United Way**  
British Columbia

Working with communities in BC's  
Interior, Lower Mainland, Central  
& Northern Vancouver Island

## Welcome

This is our 11th Community Schools in BC e-newsletter and our goal remains to both inform and build networks in the field of community education and schools in B.C. In this edition we highlight opportunities for resources to enrich programs for children and youth. Please email Sukh Shergill at SukhS@uwlm.ca to contribute updates or join the mailing list.

## Resources



The BC Lions have launched a new program focused on confronting racism and embracing diversity and inclusion. We had a chance to watch this presentation and witness the impact it had with students in grade 6 to 10. The players discussed the personal impact racism has had on their lives as well as educating the audience on discrimination, microaggressions, privilege, stereotypes, and systemic racism.

The Director of Community Partnership, Jamie Taras let us know that over 130 presentations have already been booked.

Are you interested in hosting a presentation?

Fill out a form on their website or call Brittany Sundher at 604 916 3365.

<https://www.bclions.com/team-up-to-end-racism/>



# Resources



FOR PEACE+EDUCATION

In partnership with the United Way of British Columbia, The Dalai Lama Center has developed a **Social and Emotional Learning: An Online Heart-Mind Course**. This course can be great learning for your staff and partner organization staff that are interested in SEL.

There are five modules that follow Dalai Lama Center's Heart-Mind Well-Being Framework.

Secure and Calm  
Compassionate and Kind  
Gets Along with Others  
Solves Problems Peacefully  
Alert and Engaged

Each module is evidence-informed containing research, best practices, engaging activities and quizzes to support you in effectively promoting children's well-being.

The course will take 5-10 hours to complete and only costs \$75. Courses must be completed by March 16th, 2022. Register at the website listed below.

<https://learn.dalailamacenter.org>



**Check out this podcast!** Walk away with practical tips and strategies to promote mental health and wellness. They which they challenge myths, stereotypes and stigma surrounding mental health and provide information in a way that is understandable.

Learn more by visiting their website.

<https://keltymentalhealth.ca/podcast>

## Resources

Have you heard of Y Mind programs? Learn more by checking out their website.

[www.gv.ymca.ca/mental-wellness](http://www.gv.ymca.ca/mental-wellness)

Registration is now open for this seven-week program. There are in-person and virtual options available.



This program has been developed by those who are experiencing mild-to-moderate anxiety and stress. It is available for teens, youth and adults from ages 13 and up.

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The logo for EVERFI, with the word 'EVERFI' in a bold, sans-serif font. The letter 'F' is stylized with a small orange arc above its top bar.

Future Goals: Hockey Scholar STEM Program

EVERFI & The Vancouver Canucks have teamed up to offer their Future Goals program. Learn more about this program and many others on their website.

<https://everfi.com/courses/k-12/hockey-scholar-stem/>

This digital course, with both a math and science edition, leverages highly interactive gameplay and the sport of hockey to reinforce key concepts like scientific thinking and data analysis, exposing students to foundational STEM concepts through real-life applications.

