



Promoting Mental Health in Young Children

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INTO THE NORTH



The Handle with Care (HWC) National Team invites you to join us in welcoming two new Master Trainers from the Yukon. Debra Kapaniuk (left) and Charlene Bradford (right) are Yukon’s two new ambassadors for HWC.

Debra has played a key role in the HWC program since phase two of the project began and has served as a leader, mentor, and advocate of HWC since then. Charlene has been an integral part of the HWC team for 3 to 4 years, having gone from being a parent participant to now being a Master Trainer.

As part of the Child Development Centre, Charlene will be providing vital assistance to the rural communities throughout the Yukon as part of the Mental Wellness Capacity Building Initiative Fund supported by the Yukon government. We are pleased to welcome Debra and Charlene as we move forward into the New Year.

“ When she [my daughter] makes me mad, instead of just yelling or getting angry, I stop and think about how it’s going to make her feel depending on what I say. ”

Mental health is a precious resource for our children and all of us. It is about how we feel, think, and behave. It is about how we cope with the ups and downs of everyday life. Mental health is about how we feel about ourselves, our life and our future. It is about how we deal with negative things that happen in our life, is about our self-esteem or confidence.

WHY I CONTINUE DELIVERING THE HWC PROGRAM



Kim Storer, a Community Support Worker and a Handle with Care (HWC) facilitator in Winnipeg says: “Handle with Care is one of my favorite programs to deliver because I believe strongly in the message it sends regarding attachment, trust and respect between a parent and child. The hands-on and activity based program makes it fun and appealing to most parents, even to newcomers with low English literacy levels.

HWC is also the one program I deliver that parents reference the most, even years after participation. I love when parents tell me with pride that they now better handle their child’s tantrums or anger because of what they learned in HWC. It is a fantastic program that I wish every parent could take!”

New Partners

NAME	LOCATION	ORGANIZATION
Mary Fredlund	Rankin Inlet, Nunavut	Pulaarvik Kablu Friendship Centre
Sherry Morey	Rankin Inlet, Nunavut	Pulaarvik Kablu Friendship Centre

