



Promoting Mental Health in Young Children

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[www.handlewithcarecanada.org](http://www.handlewithcarecanada.org)

## YOUR VOICE, OUR ACTION

In the 2017 Handle with Care (HWC) Annual Partner Meeting, participating members contributed their suggestions and opinions on several ongoing issues. The HWC Newsletter was one such item. The HWC Newsletter schedule has since been revised to be sent out quarterly on the first Tuesday of January, April, July, and October. The HWC National Team wants to thank all those who participated in the January discussions by providing time to join us in Toronto and we look forward to seeing everyone again soon!



## NATIONAL UPDATES

As we continue to proceed in the new year, the HWC National Team is excited to share the experiences of those participating and facilitating HWC on the ground across Canada.

## FACILITATOR TRAINING IN NUNAVUT

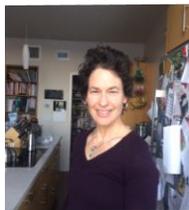
With the help of Sherry Morey and Mary Fredlund, our Nunavut partners, the Pulaarvik Kablu Friendship Centre invited individuals from communities



in Kivalliq Region to attend a Handle with Care Facilitator Training workshop. New HWC facilitators work in child care settings and in Community Justice Outreach agencies. Participants felt that the building block topics were relevant for the people that they work with who are in conflict with the law, many due to family violence. These are individuals who have not experienced secure attachment relationships, do not have healthy self-esteem, and struggle with emotional regulation and maintaining positive relationships. The National Team is currently applying for funds to translate the HWC manual into Inuktitut to make it widely available in the North.

## COLLABORATION WORKS

Lisa Evans is a school counselor and Vice-Principal of Takhini Elementary School in Whitehorse, Yukon. In 2015,



she participated in a HWC facilitator training. Having been searching for a program to provide support to families and diverse groups through her school, she decided HWC could be a good fit. In 2016, with the support of the School

Council, Lisa began offering evening sessions. Barbara Curtis, from the Whole Child Program in Whitehorse co-facilitated the 4-week group with Lisa. The School Council and Whole Child Program jointly covered the cost of dinners and childcare. Lisa reported that the feedback from the parents and caregivers was all very positive and many of them expressed an interest in attending another HWC group. Lisa is currently planning to offer another group to parents at the school in the spring of 2017! She is also exploring ways of integrating the HWC program into regular school activities (e.g. family lunches) that are offered throughout the year. The HWC National team thanks our partner, Leona Corniere, for bringing this wonderful story to our attention. Congratulations to everyone who supported Lisa and Barbara to make the program a success.

## NEW FACILITATORS AND NEW IDEAS

As a newly certified HWC facilitator, Cindy Nachtigall is already making a positive impact on her community and putting in a 'personal touch' to her HWC facilitation. As part of her recent HWC workshop, supported by Fort Garry/St. Norbert Healthy Child Coalition in partnership with the Winnipeg Regional Health Authority, Cindy and her team created fridge magnets with a picture and themed caption for parents to bring HWC home. The magnets not only continue to inspire participants during the week, but also provide discussion opportunities about the HWC building blocks and include others in the household who were unable to attend. Cindy reported that the feedback on the magnets was phenomenal and they had significant impact on the other family members of those involved. The HWC National team extends our thanks to our Winnipeg partner Laurie McPherson for bringing this story to our attention and to Cindy and her team for their creative approach!

*"The heartfelt impact and ripple effect of this beautiful, pro-active approach to developing healthy, self-confident and resilient families is so profoundly felt because of the material and the format suggested. It is truly a memorable and life changing opportunity for all involved!" (Cindy Nachtigall, HWC Facilitator: Winnipeg)*

