



CHRIST THE KING CATHOLIC SECONDARY SCHOOL

161 GUELPH STREET, GEORGETOWN, ONTARIO L7G 4A6

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October 8, 2009

Dear Parents,

We are piloting discussion groups, facilitated by Youth Net as described below, which will focus on increased awareness regarding mental health and illness issues to all first semester grade 10 Religion classes. This will take place on October 13th, 14th, 15th and 16th at Christ the King.

If you have any questions, please do not hesitate to call Josie Halycz at 905-702-8838.

Youth Net Halton Discussion Group Letter of Introduction

Dear Parent:

We would like to introduce you to Youth Net, a health promotion program run by youth for youth. We aim to increase awareness and open communication about mental health and illness issues, facilitate early intervention for mental illness as well as advocate for youth friendly and empowering mental health services. Youth Net works with youth in developing connections and creating a safety net of youth friendly professionals and community resources.

Through discussion groups, Youth Net provides a proactive forum for young people to express, explore and discuss their views and concerns about mental health with trained members of the Youth Net team. We are presently inviting grade 10 students from Christ The King to participate in discussion groups during the week of October 13th 2009.

At the beginning of the discussion group, all participants will fill out a questionnaire regarding their attitudes and behaviours related to mental health and illness. Answers to these questions allow us to learn more about the opinions and feelings of youth and provide us with important information to pass along to professionals who work with youth.

The responses of individuals in the questionnaires will be kept confidential. **However, if a participant states that they intend to harm themselves (or others) or disclose that they or someone they know under the age of 16 is being abused, the facilitators will be required to disclose this information to the proper authorities and provide this person with access to help.** Youth Net has clinical back up on site for every discussion group. If you have any concerns or questions, please contact me at (905) 825-6000 Ext. 2972.

Sincerely,

Melissa Paul
Youth Net Halton Supervisor



Halton Region Health Department
YMCA of Oakville
YMCA of Burlington
Centre for Addiction and Mental Health
Halton District School Board
Canadian Mental Health Association
Halton Catholic District School Board
Schizophrenia Society of Oakville and Burlington

Sincerely,

Josie Halycz
Department-Head Religion/Social Sciences/Humanities
Cc. Mr. DeSantis, Ms. Macdonald, Mr. Harris

Believing In You...Believing In Us