

# Summer Well-Being Guide

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As we look toward the end of the school year, there may be excitement, as well as thoughts and feelings that bring forward a need for support. Our **Summer 2025 Well-Being Guide** is a place to learn about Culturally Responsive and Identity Affirming resources and activities to make the most of this time of year, while supporting and improving our mental well-being. Some ways to do this include:

- Consider creating a loose **routine** for meals, exercise, and sleep that allows for flexibility and fun.
- If possible, **spend time outside** in nature and take advantage of summer weather.
- Encourage **physical activity** by finding fun ways to move your body and get active.
- Make an effort to **spend quality time with friends and family** and strengthen relationships. Consider balancing screen time with social activities that promote connections with others.
- Try **mindfulness** practices like meditation, deep breathing, or yoga to promote relaxation and calm.
- If possible, **prioritize self-care activities** that promote relaxation and well-being, such as reading, taking a bath, or practicing a hobby.
- Remember that **seeking help** from a mental health professional or family doctor is always an option if you or a loved one is struggling.

# TDSB Professional Support Services Mental Health and Well-Being Summer Programs

**This summer, TDSB Professional Support Services Staff will be offering a number of opportunities that promote well-being, community and connection. Please connect with your school Administrator or assigned Support Staff to find out what is available in your area.**

## TDSB Summer Programs

At the **TDSB** we provide a wide range of enriching [Summer Programs](#) for children, youth and adults.



# Supports for Mental Health and Well-Being

Access [Culturally Responsive & Relevant Resources](#) compiled by the TDSB MHWB Committee.



[Across Boundaries](#) – Provides equitable, holistic mental health and addiction services for racialized communities.



[HelpAhead](#) – Connecting infants, children, youth and families to mental health services in the Toronto community.



[Children's Mental Health Ontario](#) – Find resources to help support children and youth mental health.



[Daily Bread Food Bank](#) – Search your local area by postal code/location to access food.



Government Financial Supports: [Canada Dental Benefit](#)



[Kids Help Phone](#) – Find youth resources based on where you live.



[Lumenus](#) – Mental health, developmental and community services.



[Bob Rumball](#) - Mental Health Treatment for Deaf and Hard of Hearing Children/Youth and Families



[SickKids](#) – This hub provides resources to help support your child's mental health and general well-being.



[YouthLink](#) – Youth/family counseling, parenting support, shelter/housing, education and community-based programs for ages 12-24 and their families.




[211 Central](#) – Find community and government services where you live.




[One Stop Talk](#) - If you're 17 and under, you can instantly connect with a therapist and develop a plan together to move forward and feel better.





# Supports & Resources for Youth:



## Helplines and Services

call 9-8-8 mental health and suicide prevention hotline

In the case of an emergency please call 9-1-1 or visit your local hospital emergency room

[Black Youth Helpline](#) – A multicultural helpline and services for children, youth and families. Available from **9am-10pm everyday**.



[BounceBack®](#) – A free cognitive behavioural therapy (CBT) program that offers mental health self-help support for those 15-17 & older. **Toll free: 1-866-345-0224**.



[Hope for Wellness Helpline](#) – An Indigenous Youth Helpline. **24 Hour Phone Support**.



[Kids Help Phone](#) – Find youth resources based on where you live. **24 Hour Phone/Text/Chat Support**.



[LGBT Youthline](#) – Confidential, non-judgmental and informed LGBTTTQQ2SI Peer Support. **4pm-9:30pm (Monday and Tuesday only) Text/Chat Support**.



[Naseeha](#) – Mental health hotline, resources, workshops, web therapy and more for Muslim and non-Muslim youth/individuals. **Phone Support daily 24/7**



[What's Up Walk-In Clinic](#) – Free virtual and in-person counseling for youth. **For a phone or video session call Help Ahead 1-866-585-6486 9am-7pm Monday to Friday; Saturday 9am-5pm.**



[Woodgreen](#) – Offers social, employment and academic support for youth, persons with developmental disabilities, and caregivers/families. Free single session counseling by phone or video for ages 16+ (12-15 years requires parent/caregiver consent). **Available Tuesday and Wednesday Evenings. Registration from 4:00-6:15. Call (416) 645-6000 ext. 1990**



[Trans Lifeline](#) – a peer support phone service run by trans people for trans and questioning youth and adults.



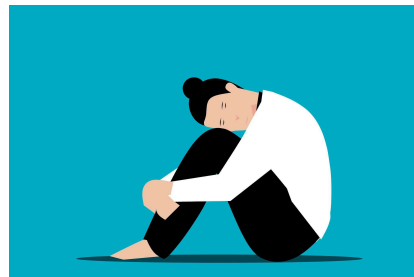
[Youthdale](#) - Community and in-patient services for children, youth, young adults and families struggling with complex mental health needs. **Crisis Service Line available 24/7 416-363-9990**



# Supports and Resources for Youth and Other Information

## Mental Health Information for Youth

- [Things you should know](#) - Game Changers
- [Sleep and mental health](#)
- [Mental health: Learning Hub](#)
- [Am I experiencing depression?](#) - Kids Help Phone
- [Help for Youth](#)
- [I Don't Know What's Wrong](#)



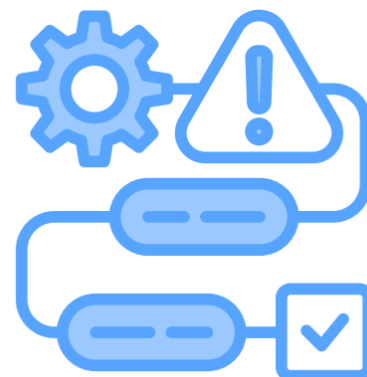
## Self Care for Youth

- [Self-care information](#) - Gamechangers
- [6 ways to practice self-care](#) - Gamechangers
- [Kids Help Phone: Self-care checklist](#)
- [Wheel of Well-Being](#) - Kids Help Phone
- [What is Mindfulness?](#) - Kids Help Phone
- <https://www.jack.org/youth-hub> - [Jack.org](#)

*Self-care*  
**IS EMPOWERMENT**

## Managing a Crisis

- [How to stay safe](#) - Game Changers CAMH
- [Supporting someone who is considering suicide](#)
- [Be safe App](#)
- [Self Injury: What it is and how to cope](#) - Kids Help Phone
- [How to help a friend navigate](#) - Kids Help Phone
- [In Crisis?](#) - Help Ahead



# Supports and Resources for Youth and Other Information continued

## Managing Substance Use

- [Substance Use, Misuse and Abuse Resources -TDSB](#)
- [Buzz on Booze](#) - Game Changers
- [Things you should know about Cannabis](#) - Game Changers
- [Vaping: What you and your friends need to know](#) - SMHO
- [Fentanyl Facts](#) - SMHO
- [Taking Care when using substances](#) - Kids Help Phone



## Social Media and Screen Time

- [Addressing Inappropriate Social Media Use: Sexting, Sextortion and AI](#) - TDSB
- [Healthy Social Media Habits](#) - Mind your Mind
- [A Teens Guide to Social Media Safety](#) - Safe Search Kids
- [Smart Social Networking](#) - Cyberbullying.com
- [Screen time: Overview](#) - Sick Kids
- [5 Online Safety Tips](#) - Kids Help Phone
- [Online Gaming](#) - Kids Help Phone
- [Info Sheet helping your child manage digital technology](#) - SMHO
- [Youth, Smartphones and Social Media Use](#) - CAMH



# Summer Programs for My Child/Youth

[Toronto Public Library](#) – Information about programs, classes and events.



[Summer Recreation Programs](#) – Free, high-quality recreation activities for all ages, including CampTO



[Kids Out and About.com](#) – Online guide for kids, teens, and families living in Toronto including local events, camps, day- trip ideas and more!



[YMCA of Greater Toronto](#) - Programs for people of all ages and life stages including child care and family development, health and fitness, camps and outdoor education and youth programs. **These are fees for service with subsidy options.**



[Y@Homeplus](#) – Virtual physical - This link provides FREE at home options for individuals, families, Including Meal plans and Wellness



[CNIB Virtual Programs](#) – Free virtual programs available to all Canadians who are blind or partially sighted, as well as their families, friends



# Ideas for Keeping My Child/Youth Active This Summer

[Backyard Camp](#) – Year round activity ideas to do at home.



[Cosmic Kids](#) – Free, online yoga and mindfulness for kids



[Heart and Stroke](#) – Tips for eating healthy and keeping active.



[ParticipACTION](#) – Encouraging Canadians to get healthy by getting active since 1971.



[SPAC Learning Library](#) – Online video lessons and activities designed to help you be creative at home.

WELCOME TO OUR  
LEARNING LIBRARY

[Welcome to Ontario Parks](#) – Information about visiting Ontario Parks.



[Yoga with Adrienne](#) – Free yoga and mindfulness videos.



# Supports and Resources for Children/Youth with Special/Complex Needs

[Community Living Toronto](#) – Offering many programs to support individuals with intellectual disabilities and their families.



[Geneva Centre for Autism](#) – Offering groups and programs for children and webinars and support for parents.



[Holland Bloorview Family Resource Centre](#) - Access helpful tips and information for caregivers and parents of children with disabilities.

**Holland Bloorview**  
Kids Rehabilitation Hospital

[Surrey Place Family Resources](#) - helps people of all ages with developmental disabilities, autism and special needs reach their full potential

**SURREY PLACE**

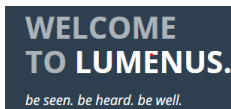
[Kerry's Place](#) - has been creating, and providing evidence-based supports and services across the province of Ontario that enhance the quality of life of those with ASD.



[Connectability](#) - A website and virtual community dedicated to lifelong learning and support for people who have an intellectual disability and their families.

[ConnectABILITY.ca](#)

[Lumenus](#) – Offers a broad range of high quality mental health, developmental and community services for infants, children, youth, individuals and families across Toronto.



[Meta Centre](#) – Offering a wide spectrum of services and personalized supports to help people live inclusive, engaged and enriched lives in the community.



[Miles Nadal JCC](#) – Offering programs for children and youth with ASD and other developmental disabilities.



[MyCommunityHub.ca](#) – A search engine for activities available in the community for children and youth with developmental disabilities.





# Supports and Resources for Children/Youth with Special/Complex Needs continued

[South Asian Autism Awareness Centre](#) – we build inclusive communities through culturally responsive autism practices and accessible programming.



[Toronto Parks and Recreation Adapted Programs](#) – To ensure the most enjoyable recreation experience families must first contact the Adapted and Inclusive Recreation Programs central hotline at 416-395-6128 to apply for and receive a membership.



[Variety Village](#) – Variety programming empowers children with disabilities to be seen, participate, and feel included. We bring accessible facilities to life with sports, fitness, activities, summer camps, skills training and coaching for competitive and Paralympic athletes



[Information on accessible parks and camps](#)



[Planning for life after high school - TDSB Resource](#)

[TDSB Occupational and Physiotherapy resources for play and leisure fun at home](#)

[TDSB Psychology tip sheet catalogue](#)

[TDSB Speech Language Pathology tip sheets](#)

# TDSB Supports and Resources for Mental Health & Well-Being

Please visit our [TDSB Website](#) to access a comprehensive list of resources and supports. Spend some time exploring our interactive lounges and virtual field trips for [Students](#), [Parents & Caregivers](#), and [Staff](#).



Access our interactive [Children's Mental Health Week resource kits](#) for elementary and secondary students, students with complex needs, parents/caregivers and educators.



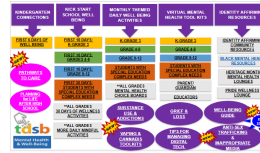
Access [Culturally Responsive & Relevant Resources](#) compiled by the TDSB Mental Health and Well-Being Committee.



Access our [Black Mental Health Week Resources](#) from the March 2025 week of recognition for Black Mental Health Week in Toronto.



This [slide](#) provides access to 2024-2025 MHWB resources for all grades.



Visit these introductory guides to Mental Health ([Elementary](#) and [Secondary](#)) on the Virtual Library and other Library Learning Resources.



[TDSB Learn4Life Spring/Summer 2025 Brochure](#) – Health & Wellness Programs start on page 21. (18+ Learning Opportunities)



# Stay Connected!

Information is always changing. Please be sure to follow us and check back in for the latest updates.



[TDSB Supporting Mental Health and Well Being Webpage](#)



Email: [MentalHealthandWellBeing@tdsb.on.ca](mailto:MentalHealthandWellBeing@tdsb.on.ca)



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If you or someone you know is experiencing a mental health or substance use emergency, call 9-1-1 or go to the emergency room of your local hospital.

