Café B.R.E.A.K.

Be Yourself,

Relax,

Engage in

Acceptance,

Kindness

The TDSB Students 4 Well Being (S4W) are inviting YOU to a student Café B.R.E.A.K!!

The S4W is comprised of a diverse group of volunteer students/youth (e.g. Black, Indigenous, Racialized, 2SLGBTQI+, youth with varying abilities etc.) from across the board and supported by TDSB Professional Supports Staff.

Come join the S4W members in our virtual café, where you can **unwind**, **relax**, **connect** with other students, and **discuss** mental health and well-being tips.

Calling all TDSB grade 9-12 students: Join us Wednesday, Feb. 16th, 2022 from 5pm to 6pm!

Theme: "What does mental health mean to Students & factors affecting mental health"

Breakout room topics:

- What is SAD-Seasonal Affective Disorder
- High school transitions & wellness
- Black History Month & reflections of Mental Health

The Mission of S4W:

- to inspire and educate students about mental health and well-being
- to offer support and mental health resources
- to create a culturally safe space and spread positivity

ZOOM LINK:

Café Break Zoom Link