



FOR IMMEDIATE RELEASE

Toronto, March 29, 2021

Ontario elementary school students to benefit from stress management resource thanks to partnership with Strong Minds Strong Kids, Psychology Canada and School Mental Health Ontario

Student support staff across Ontario will be trained on critical Kids Have Stress Too! program that will help elementary school students to identify and manage their stress

Toronto, ON – Starting today, Strong Minds Strong Kids, Psychology Canada will begin to train upwards to 1,400 Ontario student support staff on their evidence-informed Kids Have Stress Too! resource which is designed to help students to identify and manage their stress while providing crucial coping skills to last a lifetime. Thanks to commitment from School Mental Health Ontario, all student support staff will be provided with the opportunity to access Kids Have Stress Too! resources and training giving them the knowledge and tools to promote mental well-being with students throughout Ontario.

“Our children are living through unprecedented times and it is no wonder they are experiencing increased stress,” said Anne Lovegrove, President and Executive Director, Strong Minds Strong Kids, Psychology Canada. “We have a long history of delivering our Kids Have Stress Too! resource in schools and we are thrilled to be working with Ontario student support staff to promote resilience and mental well-being with students.”

Strong Minds Strong Kids, Psychology Canada is a national registered charity that offers programming to support the key pillars of healthy child development, starting with a focus on attachment for parents to support building a strong emotional connection with their newborn. They also offer stress management skill development for children, youth and teens to help them foster essential coping skills.

“Student support staff are key stakeholders in mental health promotion with students across Ontario” said Dr. Kathy Short, Executive Director, School Mental Health Ontario. “The opportunity to have staff trained on the evidence-informed Kids Have Stress Too! resource will provide them with enhanced knowledge and tools to help our students manage, learn, and grow from the many challenges they will face in their lives.”

“We are thrilled to be partnering with School Mental Health Ontario to provide this opportunity for school support staff across Ontario”, said Dr. Mark Smith, Chair of Strong Minds Strong Kids, Psychology

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Canada, “This great partnership will get us one step closer to ensuring every child in Canada has the opportunity to thrive.”

Read more about Strong Minds Strong Kids Psychology Canada at strongmindsstrongkids.org

About Strong Minds Strong Kids, Psychology Canada

Strong Minds Strong Kids, Psychology Canada is a new brand from The Psychology Foundation of Canada and is a registered charity with the mission to nurture resilience in children by providing infants, children and youth with the psychological well-being to thrive emotionally. A small national and regional staff have built a network of program facilitators to deliver psychology-based proven materials and resources in local communities across Canada. The organization is led by a volunteer board of prominent psychologists, business and community leaders.

About School Mental Health Ontario

School Mental Health Ontario works together with Ontario school districts to support student mental health. www.smho-smsso.ca

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