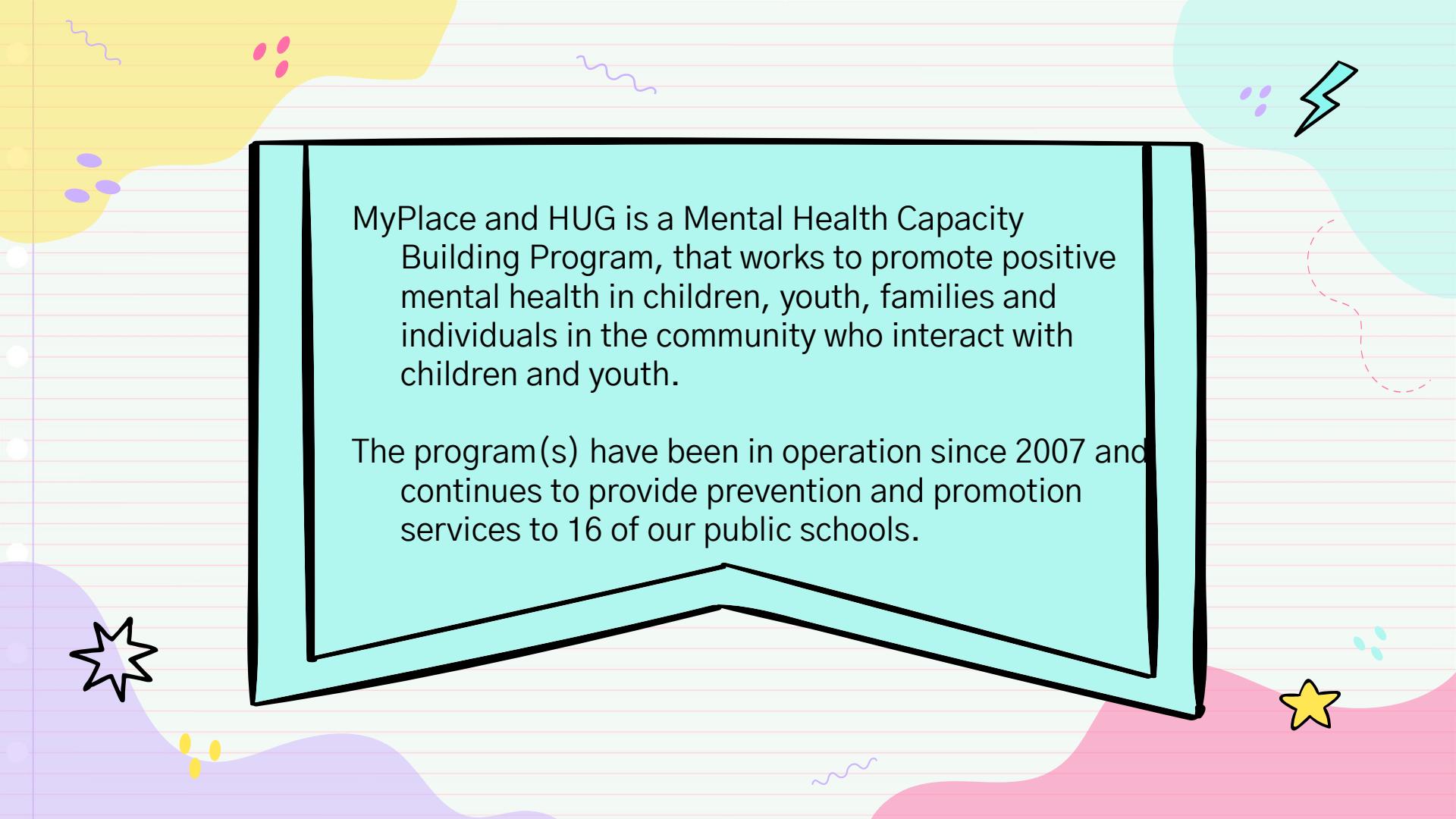


Mental Health Capacity Building Programs HUG & MyPlace



Universal Mental
Health Supports





MyPlace and HUG is a Mental Health Capacity Building Program, that works to promote positive mental health in children, youth, families and individuals in the community who interact with children and youth.

The program(s) have been in operation since 2007 and continues to provide prevention and promotion services to 16 of our public schools.

The Team

April Welshman - Program Manager

Jasper Williams - Dr. Roy Wilson Learning Centre & George Davison School

Jessica Bertelsen - Crestwood Stem School, Webster Niblock School & River Heights School

Taylor Lorenz - Southview Community School, Elm Street School & Ross Glen School

Taylor Ethier - Dr. Ken Sauer Fine Arts School & Vincent Massey School

Joanne Hulme - Ecole Connaught School & Herald School

----- - Crescent Heights High School, Medicine Hat Christian School, Alexandra Middle School & Medicine Hat High School

The MHCB Team Works Within School & Community Settings

Deliver mental health programs

We provide universal mental health programs that promote wellness, resilience, and coping skills for all students regardless of individual need

Build capacity in others

We focus on building capacity in others by equipping staff, students, and families with knowledge, skills and confidence to support mental health

Organize/facilitate Mental health events

We organize and facilitate mental health events that foster awareness, connection and learning opportunities for students, staff and families

Work with community partners

Strengthen links to community mental health supports and services for students and families.

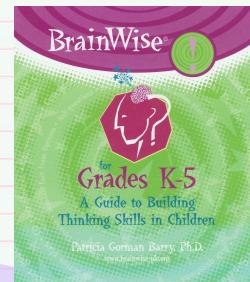
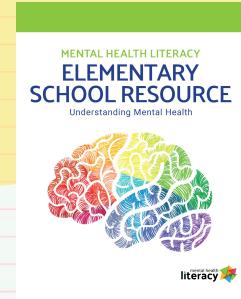
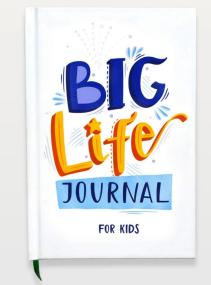
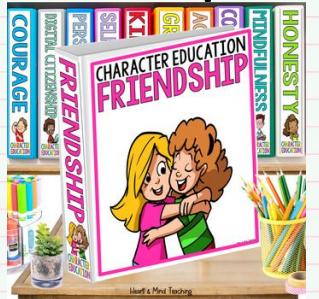
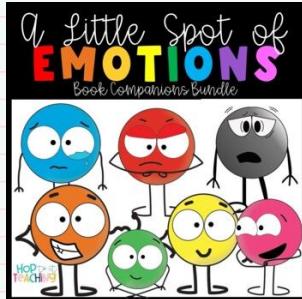
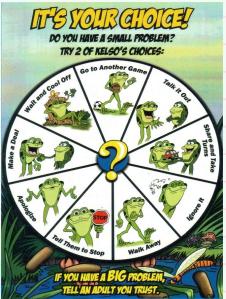
Lunch and after school activities

We provide engaging lunch and after school activities that promote social connections, skill development and positive mental health

Summer activities/events

We offer summer activities that provide youth and families with opportunities for connection, learning, and positive mental health experiences outside of the school year

Programming Menu - Elementary



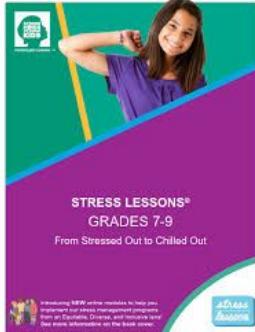
Programming Menu - Middle/Senior High



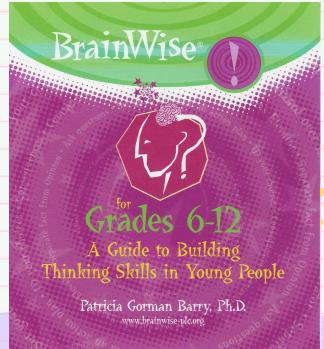
The Fourth R
Strategies for Healthy
Youth Relationships



mental health
literacy



media balance
online privacy
digital footprint
communication
cyberbullying
news & media
literacy



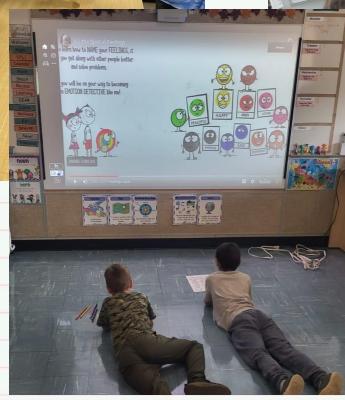
Patricia Gorman Barry, Ph.D.
www.brainwise.org

Hockey Academy

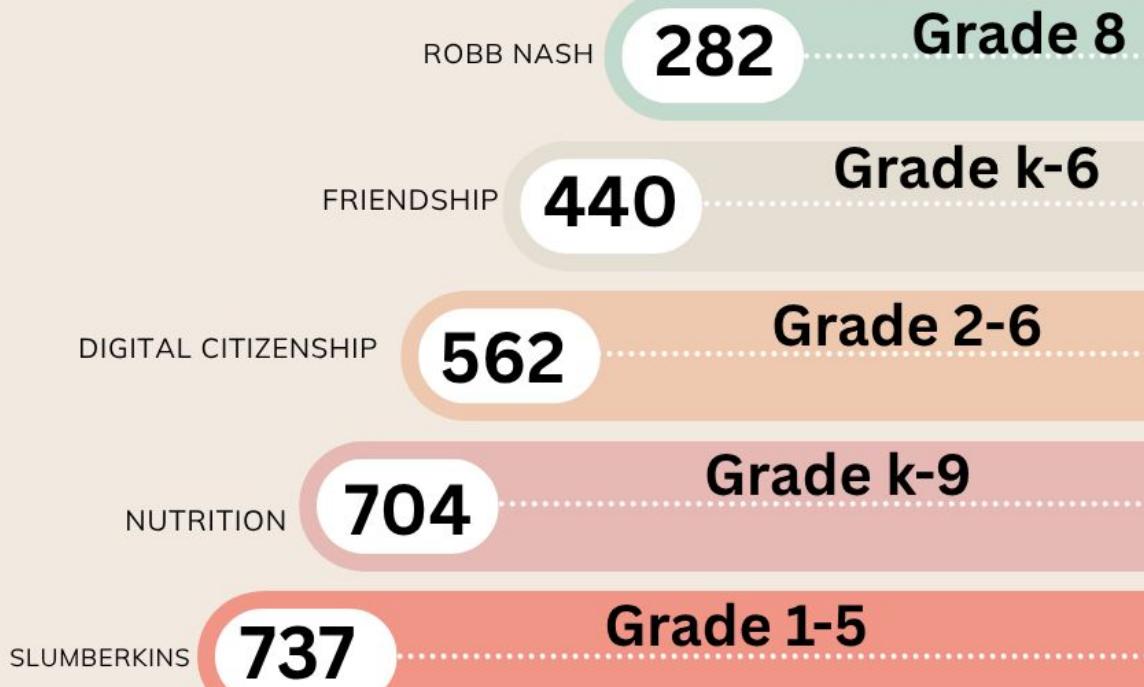


Classroom Presentations

The majority of MHCb work is
done inside our classrooms



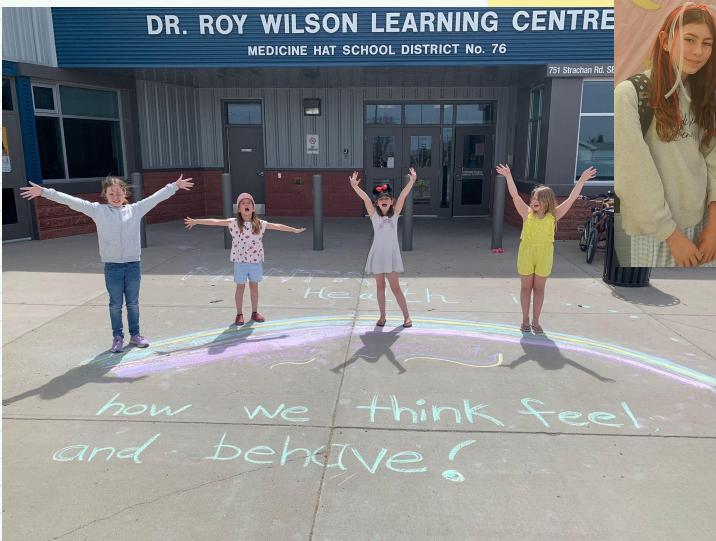
Top 5 SEL Programs Offered in 2024-2025



Lunch Activities



School Wide Activities



Junior and Senior High Resource Fairs



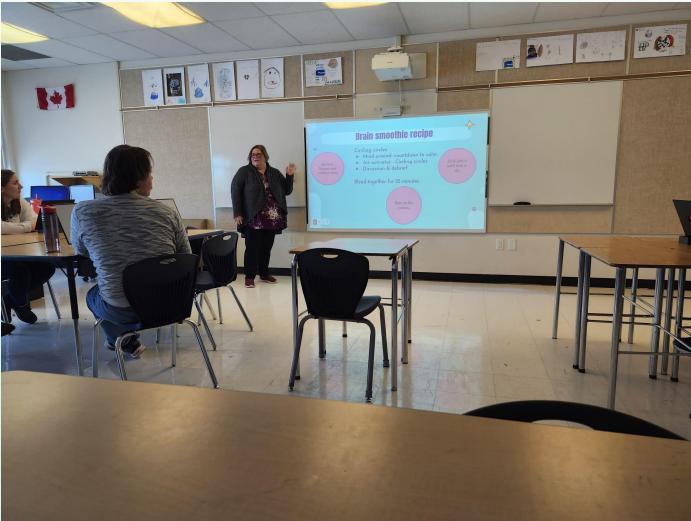
Leadership Opportunities



After School Activities



Teacher Capacity Building



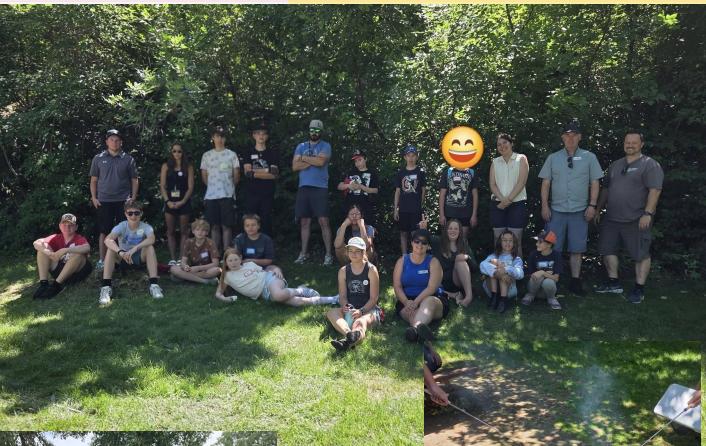
Summer Activities

Elementary Camps



Summer activities

Teen Hangouts



Summer Activities

Community & Family Events



Most relevant ▾

 **Erin Warner** · 10w

I want to thank you guys for having the kids there. My niece had fun volunteering and I enjoyed it having time with you guys and the kids. You guys are awesome. We love you

[Reply](#) [Hide](#) [0](#) [1](#)

[View 2 replies](#)

 **April F Jaros** · 10w · Top fan

Thank you all for all the wonderful times and smiles... my children had a blast ❤️ so did I making memories

[Reply](#) [Hide](#) [0](#) [1](#)

[View 1 reply](#)

 **Courtney Eisenbath** · 10w

Thanks so much for putting these on in the summers, my daughter always has so much fun with the activities!

[Reply](#) [Hide](#) [0](#) [1](#)

[View 1 reply](#)



Community Work



Y Corner						
OCTOBER 2025						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	1	2	3	4
		Craft Night	Walk 5:00-6:00		Free Time	
5	6	7	Our Collective Journey			
		HUG & My Place	Flannel Game	10	11	
12	13	14	Thanksgiving Day	Twice Night		
				Scatterberries	Craft Night	18
19	20	21	Werewolf	Our Collective Journey		
					Video Game Tournament	
26	27	28	Twice Night	MedB's		

mhplteens and mhpubliclibrary
Medicine Hat Public Library



44 1 3

mhplteens Our TIC TAC committee welcomed April from My Place at our latest meeting for some wellness training! 🧠 💕

We learned about the Window of Tolerance, signs of burnout and compassion fatigue, and how to practice self care! Each committee member left with a "toolbox" of mental health tools.

Thank you My Place for equipping us with the tools needed to take care of ourselves so that we can be better volunteers in our community!



Thank You