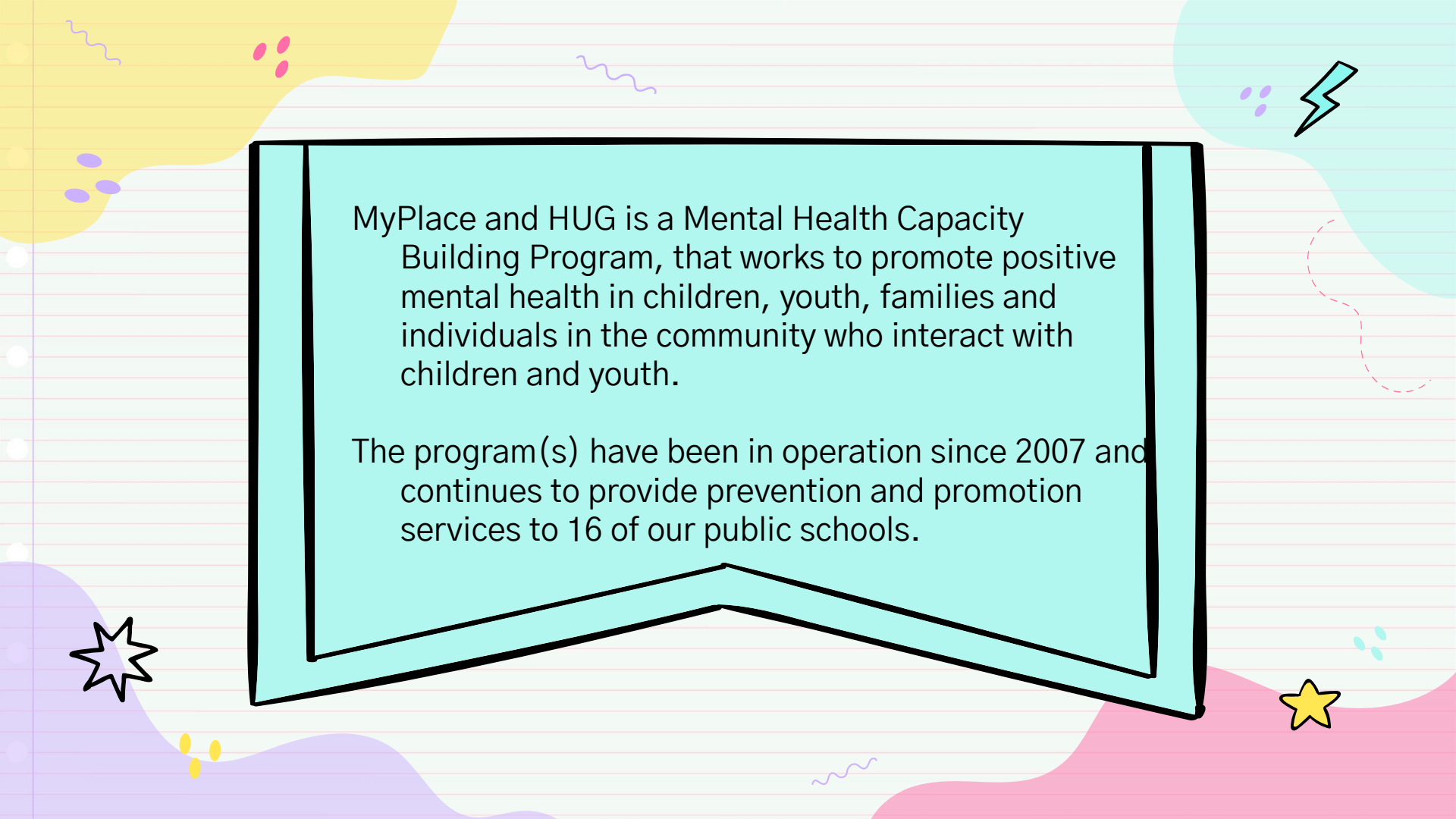


Mental Health Capacity Building Programs HUG & MyPlace



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.

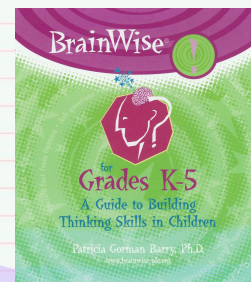
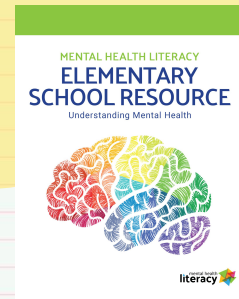
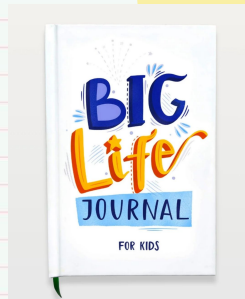
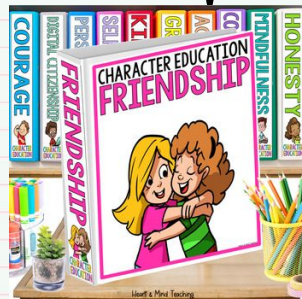
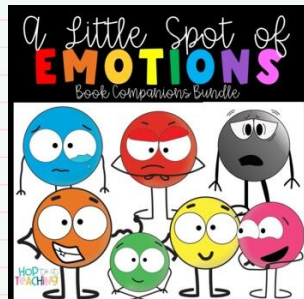
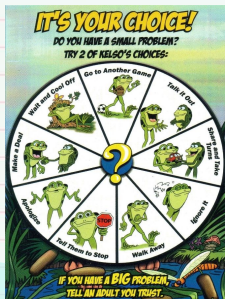
Lunch and after school activities

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

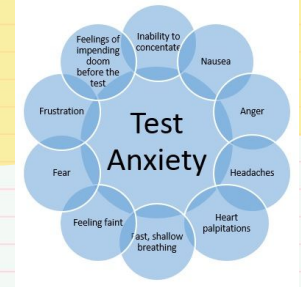


Programming Menu - Middle/Senior High



The Fourth R
Strategies for Healthy
Youth Relationships

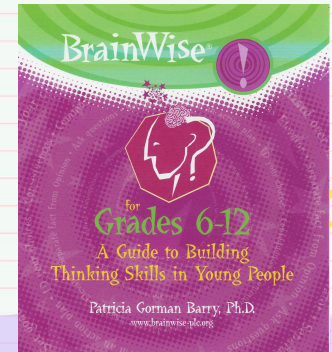
THE ROBB NASH PROJECT



mental health
literacy



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

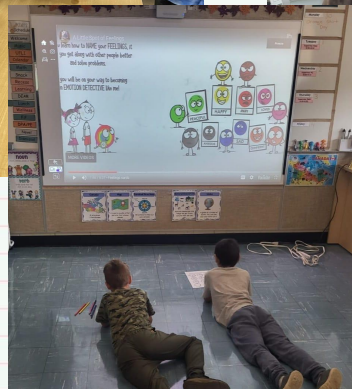


Hockey Academy



Classroom Presentations

The majority of MHCB work is
done inside our classrooms



Top 5 SEL Programs Offered in 2024-2025

ROBB NASH

282

Grade 8

FRIENDSHIP

440

Grade k-6

DIGITAL CITIZENSHIP

562

Grade 2-6

NUTRITION

704

Grade k-9

SLUMBERKINS

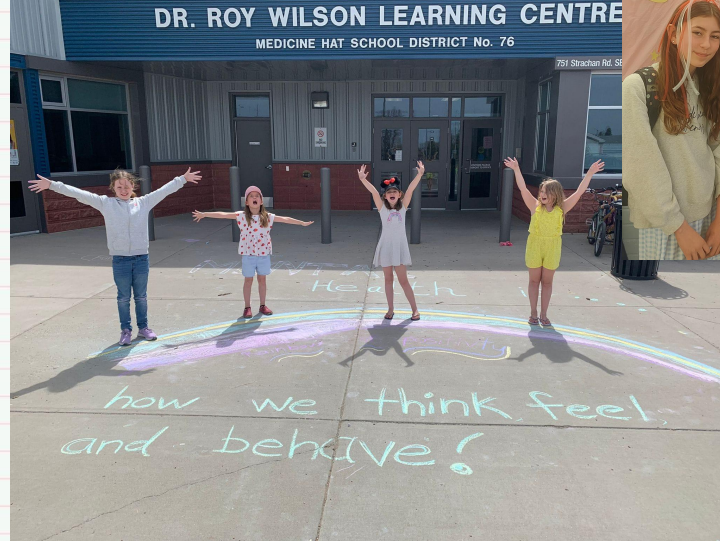
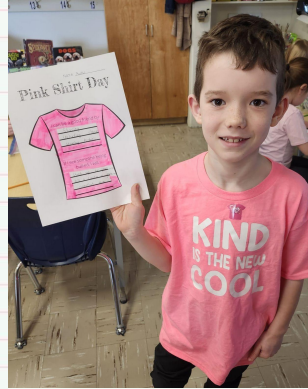
737

Grade 1-5

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 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 1
▾ View 1 reply

 **Courtney Eisenbarth** · 10w
Thanks so much for putting these on in the summers, my daughter always has so much fun with the activities!

Reply Hide 1
▾ View 1 reply

 **Alisha Henderson** · 10w



Community Work



Y Corner Shine On 

OCTOBER 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
20	21	22	23	24	25	26
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Events:

- 23: Craft Night, 5:00-6:00
- 24: Free Time
- 25: Board Game Night
- 26: Our Collective Journey
- 27: HUGS & My Place
- 28: Football Game
- 29: Kick the Can (outside game)
- 30: Thanksgiving Day
- 31: Trivia Night
- 1: Scattegories
- 2: Craft Night
- 3: Video Game Tournament
- 4: Radio's



♥ 44 Q 1 ↺ ↻ 3

mhp1teens 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