

Student Well-being Team Summer 2023 Programming



BLUEFIELD

Grade 10-12 Instructional Life Skills
(Changing flat tire, preventative maintenance)
Wednesday July 12, 26 @ 1:00 p.m. - 3:00 p.m.
Contact Geoff to register (902) 303-5319

Fundamentals of Weightlifting
Wednesday August 9, 23 @ 1:00 p.m. - 3:00 p.m.
Contact Geoff to register (902) 303-5319

Grade 7-9 DBT Group
Wednesday @ 1:00 p.m. - 2:30 p.m.
East Wiltshire School
* By referral only

Drop-In Summer Activity Group
Tuesdays, Time TBD
Central Queens

Grade 4-6 Drop-In Summer Activity Group
Thursdays @ 10:00 a.m. - 12:00 p.m.
Gulf Shore

Incredible Years Parent Group
Group offered throughout the summer beginning mid-July for those who have children ages 5-12 years old. Incredible Years Parent Groups are delivered in 12 weekly group sessions of 2 hours. Group sessions focus on strengthening parent-child interactions, nurturing relationships, positive discipline, and fostering parents' ability to promote children's social, emotional, and language development; Dates and time TBD; Registration is required; Contact (902) 218-2316 or smfletcher@gov.pe.ca

MONTAGUE

Elementary Coping Skills Group
July 4, 5, 6, 11, 12, time TBD
Montague Regional High School

Elementary Social Skills
Wednesdays, time TBD

Incredible Years Parent Group
Dates and time TBD

Self-Care Workshop for Parents
Dates and time TBD

Incredible Years Parent Group
Group offered throughout the summer beginning mid-July for those who have children ages 5-12 years old. Incredible Years Parent Groups are delivered in 12 weekly group sessions of 2 hours. Group sessions focus on strengthening parent-child interactions, nurturing relationships, positive discipline, and fostering parents' ability to promote children's social, emotional, and language development; Dates and time TBD; Registration is required; Contact (902) 218-7683 or tinacardiff@ihis.org

COLONEL GRAY

Grade 6-8 Social Skills Group
Wednesdays, time TBD
* By referral only

UP-C and Parent Group
Parent Group via Zoom
Tuesdays 9:00a.m.-10:00a.m. UP-C
Child Group (in person)
Thursdays 9:00 a.m. - 10:00 a.m.

UP-A
Parent Group via Zoom
July 17, 31, August 14
9:00 a.m. - 10:30 a.m.
UP-A Adolescent Group (in person)
Tuesdays 10:30 a.m. - 12:00 p.m.
*By referral only

THREE OAKS / KISH-KINKORA

UP-C and Parent Group
Wednesdays @ 11:00 a.m. - 12:30 p.m.
July 5 - August 23
Location TBD
* By referral only

Grade 6-8 Social Skills Group
Weekly in August
Location TBD
*By referral only

DBT Skills Group
Wednesdays @ 2:30 p.m. - 4:00 p.m.
July 12 - August 16
Location TBD

WESTISLE

Elementary to Junior High School Transition Camp (Grade 5-6; 7-8)
Focus on transition to Junior High through activities planned for mental health, social skills, problem solving, team building, craft and lots of fun!
6 Dates TBD (last 2 weeks of July) @ 9:00 a.m. - 3:00 p.m.

Summer adventure camp (Grade 5-6; 7-8)
Activities planned focusing on mental health, social skills, problem solving, team building, Craft, adventure based learning, and lots of fun!
6 Days (July 18-20 & 25-27) @ 10:00 a.m. - 3:00 p.m.

CHARLOTTETOWN RURAL

Grade 6-8 Social Skills Group
Wednesdays, time TBD
* By referral only

UP-A
Wednesdays @ 11:00 a.m.
* By referral only

UP-C and Parent Group
Wednesdays @ 8:30 a.m.
* By referral only

MORELL-SOURIS

Social Skills Group
Dates and time TBD
Morell Regional High School

Drop-In Mental Health Activity Group
Includes beach/nature walk, tie-dye activity, movie day, gym day and cooking day while working on mindfulness, self-confidence, mental health disorders, connections with physical health, food, and mental health. Dates and time TBD

* Please note that some of our groups are mental health interventions and require a clinical referral for service. Other groups are generated from students on our current case load. Please check in with your Student Well-being Team for additional information! *

Students or parents who wish to access services that are not by referral only, can email swt@gov.pe.ca or call (902) 368-5650 to book a time slot for any location. Students do not need to attend their own family of school location. They can attend any location over the summer months.

