



Mental Health & Well-Being

Drop-In Summer Sessions for Black Students

Ages
13-18



Every Tuesday
July 27 until August 17
1 pm to 2 pm



With increased attention to Anti-Black Racism in our society and recognition of the unique impact of the global pandemic on Black communities, the DDSB Mental Health & Well-Being team is offering a **weekly virtual summer drop-in group** to support secondary students who identify as Black. We will meet where discussions will be facilitated by Black Social Work and Psychology staff. There will be a different theme or focus each week ranging from self-care and emotional well-being, identities, navigating the education system, social media and more.

We will be talking about many things but we want to hear your ideas as well. Join us for as many drop-in sessions as you'd like.

Register here bit.ly/Drop-InSummerSessions to be contacted by one of the Mental Health & Well-Being group leaders to complete pre-screening and consent.