



Bruce Middle School

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Tuesday, May 4th, 2021

Dear Parent/Guardian,

During the weeks of May 10 – 14 and May 17 – 21, your child will have the opportunity to participate in a unique mental health awareness program called Speak Up. This program has been delivered in Winnipeg schools to middle and high school students for the past 6 years. The goals of the program are to reduce the stigma associated with mental illness, to increase student's knowledge of mental health issues, and to increase awareness of community resources.

This program will be facilitated by Jill Thordarson, our school social worker and Shannon Yard, our school counsellor. Later in the program, the students will be provided with an opportunity to listen to people who are living with mental illness. These presentations are personal stories that will move students, challenge their thinking, and hopefully foster a willingness to change attitudes about mental illness. Students will leave the program with valuable information on community resources for children, youth, and their families and a new awareness of stigma in our society.

We look forward to working with your children!

Sincerely,

Jill Thordarson & Shannon Yard