



Bruce Middle School

333 Booth Avenue
Winnipeg, Manitoba R3J 3M8
Phone: (204) 888-1990 Fax: (204) 888-1379
www.sjasd.ca/school/bruce

Dear Parent/Guardian,

February 11, 2019

During the week of March 4-8, 2019, your child will have an 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 3 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 the **school counsellor Mrs. Goetz and Mrs. Fitzner the school social worker**. All student participants will be asked to voluntarily complete pre-tests two weeks prior and post-tests, the week after their instruction to assess their knowledge of mental health and stigma to assist in our research. Later in the week, the students will be provided with an opportunity to listen to guest speakers 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.

If you have any questions, please contact Mrs. Goetz directly by email kimgoetz@sjsd.net or by phone (204-888-1990).

Sincerely,

Mrs. Goetz
Counsellor

St. James-Assiniboia School Division
Great Schools For Growing and Learning