

..Welcome to MyPlace...Welcome to MyPlace...Welcome to MyPlace...Welcome to MyPlace...Welcome to MyPlace..

MyPlace is a school based mental health promotion, prevention and early intervention program for middle years' students in the Medicine Hat Public School District.



Promotion

The MyPlace program offers mental health information to students through classroom presentations and school wide activities. The MyPlace program also offers mental health information sessions to parents, teachers and community partners who play an integral role in the capacity building for youth.

Prevention

MyPlace school success coaches provide support for identified students in order to foster self-esteem, appropriate social skills, and community connections. The success coaches can also re-educate students in areas such as stress management, problem solving and effective time management. Success coaches through activity programming provide a place for the students to connect, feel welcome and develop positive productive relationships.

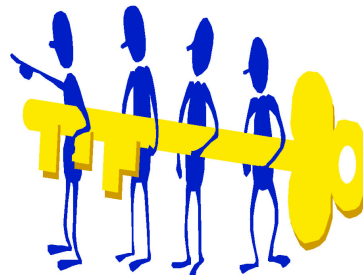
Early Intervention

The MyPlace program coordinates and brings youth service agencies into the school to establish a mental health safety net for all middle years students. On site support is offered in an inclusive and youth friendly manner that fosters a supportive environment and promotes individual resiliency.

Areas that MyPlace can provide help with include:

- Sorting things out and getting along at home
- Fitting in with peers and avoiding bullying.
- Coming to school regularly.
- Sorting things out and getting along with teachers.
- Alcohol or drug related issues
- Keeping your body healthy.
- Managing stress and anxiety.
- Understanding or addressing cutting and self-harm related behaviour
- Getting help with an abusive situation.
- Understanding or addressing legal issues. (Court/probation)
- Having a safe and secure place to live.
- Having food and clean, seasonally appropriate clothing.

Students, parents, teachers, professional helpers and members of the community all play a key role in the success of the MyPlace Program.



Speak to your principal or school counsellor if you or a grade 6, 7 or 8 student you know could use some help.

MyPlace
Helping all kids find their space!

**MyPlace Community Offices
are located at**

Alexandra Middle School

And

Crescent Heights High School

**For further information
please contact us at:**

CHHS – 527-6641 ext 8518

AJHS – 527-8571 ext 3209

**Or check our website by going to
Alexandraschool.ca or CHHSweb.ca
Select the MyPlace quick link on the
front page of the school website.**

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