



E-NEWS

Welcome to this edition of Maryvale E-News.
Please share any suggestions to enhance your experience.

[Visit our Website](#)



Maryvale Call-In Line (519) 419-1397

With the exception of Christmas Eve and New Years Eve,
please remember the Call-In Line is available
Monday to Friday, 9:00 a.m. to 5:00 p.m.



presents a

TREE-mendous Holiday Fundraiser

in support of

Maryvale

Adolescent Mental Health Centre



For a minimum donation of **\$5** between
December 1 and December 21, your
name will be entered into a draw to win
a Christmas tree filled with assorted gift
cards valued at **\$2,300!**

Donations of **\$5 to \$50 = 1 entry**

Donations of **\$100 to \$500 = 5 entries**

Donations of **\$500 or more = 10 entries**

DRAW DATE: December 22

PayPal Donations:

Visit www.maryvale.ca

Credit Card Donations:

Contact Shannon at (519) 258-0549 ext. 2260

Gift cards donated by local merchants.

Thank you to Tim Hortons for the generous support!

Stigma Enigma Meals for Mental Health


We would like to thank everyone who donated to Meals for Mental Health. The event was a tremendous success. Thank you also to the Stigma Enigma Group for all you do to support youth in our community struggling with mental health issues.

Virtual Social Night

We are all spending more time at home and have moved away from our regular routines taking away from social connections and the activities we enjoy. The Social Night provides an opportunity for Maryvale clients to try some new activities in the comfort of their own homes, connect with others and learn something new. Using technology, the Social Night has been created so they can experience activities that include Art, Scavenger Hunts, Virtual Travel, Games, Cooking, Movies and more!!

All materials will be provided and delivered right to their door. Activities will be led by various people and there will be support provided throughout the activities.

We kick off Virtual Social Night on December 17 with the movie Jumanji and in January we will begin the new year with an activity from Art Splash.



Winter 2021

A community approach to Positive Parenting
Windsor Essex Community Partnership. We provide **Free ONLINE** parenting classes.

PARENTS OF CHILDREN 0-12 YEARS

TRIPLE P SEMINAR SERIES
Pre-register for 1, 2 or all 3 programs

1. The Power of Positive Parenting
2. Raising Confident & Competent Children
3. Raising Resilient Children

Online
10am-12pm Thurs, Jan 21, 28 & Feb 4
Online
6pm-8pm Thurs, Feb 18, 25 & Mar 4

TRIPLE P DISCUSSION GROUPS
Pre-register for 1 or 2 programs

1. Dealing with Disobedience
2. Managing Fighting and Aggression

Online
6pm-8pm Wed, Jan 20 & 27

SEPARATED OR DIVORCED PARENTS

TRIPLE P FAMILY TRANSITIONS
Pre-register for a 4-week program for separated or divorced parents

- Effective ways to communicate
- Coping and relaxation skills
- Strategies for resolving conflict

Online
6-8pm Tues, Feb 9, 16, 23, Mar 2 & 9

PARENTS OF TEENS 12-16 YEARS

TRIPLE P DISCUSSION GROUP
Pre-register for 1 or 2 programs

1. Getting Teen's to Cooperate
2. Coping with Teenagers' Emotions

Online
6-8pm Thurs, Jan 14 & 24

For more information, visit our website
www.triplepwindsor-essex.ca or
call 519-257-5215 ext. 74033

December 2020 at Maryvale







Woodworking Project Jewelry Box



Important Dates

December 18 - Answer the telephone like Buddy the Elf Day
December 25 - Christmas Day

HANDY REFERENCE NUMBERS

Student Absent Line

Please call (519) 258-0549 ext. 2890 to report an absence for your child. This is a direct line available 24/7.

Bus Companies

Switzer-Carty - (519) 326-2607

Pearson - (226) 674-3301

Sharp - (519) 736-0933

Stevenson - (519) 727-3478

Students' First - (519) 969--0184

STAY CONNECTED

