

Café B.R.E.A.K.

**Be Yourself,
Relax,
Engage in
Acceptance,
Kindness**

The TDSB Students 4 Well Being (S4W) are inviting YOU to a student Café B.R.E.A.K.!!

The S4W is comprised of a diverse group of volunteer students/youth (e.g. Black, Indigenous, Racialized, 2SLGBTQI+, youth with varying abilities etc.) from across the board and supported by TDSB Professional Supports Staff.

Come join the S4W members in our virtual café, where you can **unwind**, **relax**, **connect** with other students, and **discuss** mental health and well-being tips.

Calling all TDSB grade 9-12 students:

Join us: Wednesdays: April 20th & May 18th 2022

Time: from 5pm to 6pm!

Theme: “What does mental health mean to Students & factors affecting mental health”

Three Breakout room: Student Lead topics & Games: Kahoot, Scribble, Pictionary, Crosswords.

The Mission of S4W:

- to inspire and educate students about mental health and well-being
- to offer support and mental health resources
- to create a culturally safe space and spread positivity

ZOOM LINK:

[Café Break Zoom Link – April 20th, 2022](#)

[Café Break Zoom Link – May 18th, 2022](#)

