

Parent Newsletter

HEALTH PROMOTING SCHOOLS

October 2025

LEGAL SUBSTANCES AND YOUTH HARM REDUCTION

Poster Contest

Youth in grades 6-12 across the [Interior Health region](#) are invited to submit an original form of artwork that shares their views on the impacts of tobacco, cannabis, vaping and alcohol use in this year's Beyond the Buzz 2.0 – Youth's Voices on Substance Use. The contest opens on **October 15th** and will have prizes for the winning posters that are judged by our YOUTHWISE peer advisory group.

Find out more at: [Beyond the Buzz Youth Poster Contest](#)



MENTAL HEALTH

New! Mental health resources for families

New videos and information are available by mental health experts at BC Children's Hospital who share your culture and language.

- Resources are available in many languages to support diverse families, including Arabic, Cantonese, English, Mandarin, Punjabi, Spanish, Tagalog, Tamil, Ukrainian, and for Black communities.
- Topics include anxiety, substance use, family transitions, and more.

When it comes to your child's mental health, you are not alone. Check out these multi-language mental health resources [here](#). New content will roll out until late Fall 2025.

This campaign is a partnership between BC Children's Health Bridge, BC Children's Kelty Mental Health Resource Centre, and Our Kids' Health.



NEURODIVERSITY

Resources

For Parents and Caregivers:

[Attention-Deficit / Hyperactivity Disorder \(ADHD\) | Kelty Mental Health](#)

For Parents and Caregivers- Webinar (multiple sessions available):

[ADHD – The Real Deal | Kelty Mental Health](#)

October 7: 6:30pm-8:00pm PST

October 21: 12:00-1:00pm PST

October 28: 6:30-8:00pm PST



Kelty
Mental
Health
Resource Centre

SCREEN USE

Looking for Parents, Caregivers, and Youth to Participate in Discussion Groups

Ministry of Health is conducting a provincial needs assessment on screen use among children and youth. As part of this work, they are engaging parents and caregivers of children aged 5–12 to better understand their experiences managing screen time, as well as identify what supports or resources might be missing.

They've partnered with BC Children's Hospital's [Health Bridge](#) to host a series of online parent discussion groups.

The [Health Bridge newsletter link](#) includes details on how families can sign up. There are also additional opportunities for both parents and youth to get involved in other health-related discussions. Health Bridge provides compensation for participants' time.