



MHCB Vegreville

June 2025



MHCB (*Mental Health Capacity Building*) is grant funded by Alberta Health Services and our team provides services to EIPS and EICS schools in the Vegreville area. We are focused on mental health prevention and promotion and our goal is to promote positive mental health in children, youth, families, and the community. We collaborate with school staff to facilitate mental health programming in the classrooms, small group programs, and we also provide programming in the community. If you have any questions about MHCB, please reach out to larissa.regnier@eips.ca.

Summer 2025

Our Summer 2025 program registration is now open. Check out www.mhcbvegreville.com for more information and to register. We have a fun-filled summer calendar with something for everyone! Here is our summer at a glance, with some registered programs, as well as drop-ins!

Summer at a Glance

FOR MORE INFO OR TO REGISTER, GO TO WWW.MHCBVEGREVILLE.COM
OR EMAIL: LARISSA.REGNIER@EIPS.CA

- JULY 3**
PLANTING POSITIVITY
- JULY 7-10**
CALM IS A SUPERPOWER
- JULY 14-17**
CREATOLOGY
- JULY 14-17**
CONFIDENCE IN COLOR
- JULY 21-24**
MOVEMENT FOR KIDS

Summer at a Glance

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- TUESDAYS**
COOK AND CONNECT
- THURSDAYS**
UNIQUELY YOU
- JULY 28-31**
ONCE UPON A MIND
- AUG 11-14**
STRONG ROOTS, STRONG MINDS

July 2025						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3 Planting Positivity 100-230	4 Mindful Meetup Veg 10:00-12:00	5
6	7 Calm is a Superpower 10:00-12:00	8 Calm is a Superpower 10:00-12:00	9 Calm is a Superpower 10:00-12:00 Sizzle! Summer 100-300	10 Calm is a Superpower 10:00-12:00	11 Mindful Meetup Lamont 10:00-12:00	12
13	14 Creatology 10:00-11:30 Confidence in Color 100-300	15 Creatology 10:00-11:30 Confidence in Color 100-300	16 Creatology 10:00-11:30 Confidence in Color 100-300 Mindful Meetup 100-300	17 Creatology 10:00-11:30 Confidence in Color 100-300	18 Mindful Meetup Lamont 10:00-12:00	19
20	21 Movement for kids 10:00-11:30	22 Movement for kids 10:00-11:30 Cook & Connect 100-300	23 Movement for kids 10:00-11:30 Mindful Meetup 100-300	24 Movement for kids 10:00-11:30 Uniquely You 100-300	25 Mindful Meetup Veg 10:00-12:00	26
27	28 Once Upon A Mind 10:00-11:30	29 Once Upon A Mind 10:00-11:30 Cook & Connect 100-300	30 Once Upon A Mind 10:00-11:30 Sizzle! Summer 100-300	31 Once Upon A Mind 10:00-11:30 Uniquely You 100-300		

August 2025						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Chalk the Walk TBD	2
3	4	5 Cook & Connect 100-300	6 Vegreville Parade	7 Yoga in the Park TBD Uniquely You 100-300	8 Mindful Meetup Veg 10:00-12:00	9
10	11 Strong Roots, Strong Minds 10:00-11:30	12 Strong Roots, Strong Minds 10:00-11:30 Cook & Connect 100-300	13 Strong Roots, Strong Minds 10:00-11:30 Mindful Meetup Lamont 10:00-12:00	14 Strong Roots, Strong Minds 10:00-11:30 Uniquely You 100-300	15 Mindful Meetup Lamont 10:00-12:00	16
17	18 Mini Out & Mental Health TBD	19 Cook & Connect 100-300	20 Home Alone TBD	21 Uniquely You 100-300	22 Mindful Meetup Veg 10:00-12:00	23
24	25 Party at the Playground A.J. Horton TBD	26	27 Party at the Playground St Martin's TBD	28	29	30

Moms in Motion

MHCB has begun facilitating a new program called Moms in Motion, which has been brought to the community through our Vegreville Cares Coalition, with funding through the Rural Mental Health Network. This program is taking place in Mundare, in partnership with the Lamont County Family Resource Network. The program is for postpartum moms and their babies to enjoy a workout, a discussion on a mental health topic, and a healthy snack. Big thanks to the wonderful Pauline Halina for leading the workout portion of the program.



Roots of Empathy

We want to give a huge thank you to our Roots of Empathy Tiny Teachers, Brixtin and Bristol, and their families, for being part of our Roots of Empathy classes this year. We also want to thank our Roots of Empathy classes for being such great students and learning from our Tiny Teachers.



AL Horton:

I cannot believe we are already at the home stretch of the school year! We have done some amazing programs this year. All the students are building the skills of resilience, empathy, conflict resolution, and goal setting, just to name a few. Students are beginning to show and emulate their knowledge with their actions at school! For Mental Health Awareness Week, classes in regular programming and a few others got a presentation with a read aloud using “Ruby Finds A Worry” by Tom Percival to talk about the theme of masking and mental health, to understand that all feelings are ok, and if we need help, to ask! Our last Roots of Empathy lesson with Mrs. Palamarek’s grade 3 class wrapped up, which was bittersweet. We are sad to have ended our visits with our Tiny Teacher, baby Brixin, but we are so happy to have been an important part of her learning journey, just as she was to ours! —Mrs. Folk

Mundare:

Mundare worked so hard putting together a fantastic display for Mental Health Awareness Week coloring and designing emotion story masks. The theme being “Unmasking Mental Health”. For that week, I joined classes for a presentation on what masking means in the context of mental health, and why reducing the stigma surrounding mental health is so important. —Mrs. Folk

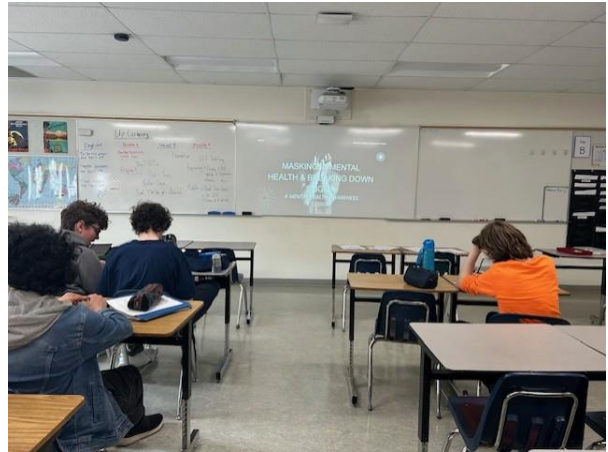
**Vegreville Composite:**

Mental health week in May, which included Mental Health class Trivia, Hats on For Mental Health Day, and mental health stations for students to come and win prizes. Students have continued to use the Wellness Corner at lunch to play games and build connections with their peers. It has been awesome to see so many new friendships flourish throughout the school year and for the Wellness Corner to be a safe space for any students to come and regulate when needed. June is a short month for most students, due to final exams, but the Wellness Corner will be open if students need a quiet space to study or if they need a few minutes to practice mindfulness before/after exams.

Some exciting news for Vegreville Comp is that Kirstin McSween will be returning in a few weeks and will be back in the program manager role in September! Students will see her around the Wellness Corner for the 2025/2026 school year. —Mrs. Regnier

St. Mary's

May was an important month for Mental Health awareness. The grade 7, 8, and 9 classes all had a presentation for Mental Health Awareness Week titled "Unmasking Mental Health", which was the week's theme. They also played trivia to show their knowledge and understanding. We took time to talk about personal responsibility, reflecting on situations where responsibility matters, and ways we show responsibility in daily life. —Mrs. Folk



St. Martin's

That's a wrap! MHCB programming is now finished until the fall! In May, we finished the Little Spot program with pre-k students, Open Parachute with Grade 1, and Transitions with Grade 6. Students and Staff also participated in Mental Health Awareness Week, focusing on the theme "Unmasking Mental Health".

As the school year wraps up, I want to share some personal news. My time as the MHCB Wellness Coach has come to a close. It has been a true pleasure and privilege to work alongside such dedicated and caring staff at St. Martin's. I'm incredibly grateful for the opportunity to be part of this school community, and for the connections I've made with staff, students and parents! Thank you for welcoming me, supporting the wellness work, and making this experience so meaningful.

While I'll miss being here, I'm excited for what's ahead—for both myself and for this school. A new MHCB Wellness Coach will be joining the team in the fall, and I'm confident they'll continue the great work of promoting mental health and wellness in our community.

As summer approaches, I encourage you all to slow down, recharge, and make your mental health a priority. Take care of yourselves—you matter.

Wishing you a restful, joyful summer ahead. —Warmly, Mrs. Scripture



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