



MHCB Vegreville

October 2025



ELK ISLAND
CATHOLIC
SCHOOLS
Seeing Christ in Everyone

Welcome to autumn. September flew by and I hope everyone had a great month adjusting to back to school. MHCB has some exciting updates for October. We have hired! We have two new wellness coaches starting mid October, stay tuned for their introductions in our next newsletter.

Additionally we have some partnership programs starting. Through the Vegreville Cares Coalition's Rural Mental Health Grant we have *Mom's in Motion* starting October 20th and *Power up* Starting mid October as well.

Mom's in Motion is a program designed for Mom's and their babies where we work out, connect and learn about positive mental health. Power up will be taking place after school in both the elementary school. Students will engage in physical activity, healthy eating and mindfulness.

Lastly, we will also be partnering with the Vegreville Centennial Library once a month on Wednesdays to facilitate *Mindful Art* as part of their early dismissal program. For more information or to register check out the library website.

Lastly, October 10th is World Mental Health Day. The goal of World Mental Health day is to raise awareness of mental health issues and resources. MHCB will be doing different activities in the school's to raise awareness for the day.



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