



MHCB Vegreville

September 2026



**ELK ISLAND
CATHOLIC
SCHOOLS**

Seeing Christ in Everyone

Welcome back! We want to thank everyone who joined us this summer, we had a blast with all our summer programs and we are now looking forward to getting back to in class programming.

We have had some changes this year: we are sad to say good-bye to Ms. Maida as she did a wonderful job this past year and wish her the best moving forward. We would like to welcome back Mrs. Regnier who was away on maternity leave, as she will be returning in October.

September is world suicide prevention month and with that the Vegreville Cares Coalition's is hosting a free SAFE Talk workshop on September 24th. This half day workshop will help equip more people to be alert to someone thinking of suicide and better able to connect them with further help. To register or for more information scan the QR code below.

SAFE TALK WORKSHOP

Suicide Alertness for
Everyone

This 3.5 hour workshop equips people to be more alert to someone thinking of suicide and better able to connect them with further help. The workshop emphasizes the importance of recognizing the signs, communicating with the person considering suicide and getting help or resources for the person considering suicide.

Who Should Attend?

- Organizations
- Community members
- Ages 16 +
- NO COST TO ATTEND

Date & Time:
Sept 24th @ 1:00
Location: 5341-50ave
#145 Vegreville

Register now
<https://www.eventbrite.ca/e/safetalk-tickets-1991730619900>

Kirstin McSween: Program Manager/VCHS

Kirstin.mcsween@eips.ca or 780-218-5844

Larissa Regnier: St. Martin's, St. Mary's

Dylan Vadnais: AL Horton

Dylan.vadnais@eips.ca

Facebook: @MHCBVeg

Website: www.MHCBVegreville.com





Mental Health Capacity Building



What is MHCB?

Mental Health Capacity Building (MHCB) works to promote positive mental health in children, youth and families in the communities where they live. The initiative is based on research and best practice that demonstrates that mental and emotional wellbeing can be developed, nurtured and supported through promotion and prevention efforts.

MHCB programming builds capacity of knowledge and skills and bolsters protective factors in children and youth so they can achieve the best possible health outcomes across their lifespan.

What Does This Look Like:

- Mental Health Classroom Presentations
- Mental Health Classroom Programs
- Small groups around mental health topics
- Lunch time activities
- Whole school awareness events

More information:
kirstin.mcsween@eips.ca
www.mhcbvegreville.com



Recovery Alberta
MENTAL HEALTH AND ADDICTION SERVICES