

FOR IMMEDIATE RELEASE

New online game world to help youth build resilience.

Strong Minds Strong Kids, Psychology Canada with support from Meridian Credit Union launches a new psychology-based online world to help youth learn new skills to build resilience.

TORONTO, May 1, 2023 - Children's mental health continues to suffer post-pandemic and new ways to provide support are needed now more than ever. This Mental Health Week, Strong Minds Strong Kids, Psychology Canada (SMSKPC), a national charity dedicated to helping children and teens become more resilient, has developed a new online game world to help children and teens build skills that will foster resilience.

"ThriveLandia is an online resource filled with fun games and challenges for kids and teens that will help them build key coping skills" says Anne Lovegrove, President and Executive Director of Strong Minds Strong Kids, Psychology Canada. "Our goal is to teach skills associated with resilience in a way that is engaging and relevant for youth so they can thrive in life."

Adapted from the well-known ThriveTMU program, and Dr. Diana Brecher's, Five Factor Model of Resilience, ThriveLandia comprises five fundamental aspects of thriving—mindfulness, gratitude, optimism, self-compassion, and perseverance. "We all have experiences that test us" says Dr. Diana Brecher, trustee of SMSKPC, Clinical Psychologist, and creator of ThriveTMU. "It is how we deal with those situations that really determine the kind of future we will have, and this resource is designed to help youth build skills so they can flourish personally and academically."

ThriveLandia was developed with support from Meridian Credit Union. "We are grateful to Meridian for their commitment to building resilience in youth and families" says Dr. Mark Smith, Chair of Board, SMSKPC. "Their support led to the development of this groundbreaking program and because of this partnership youth can easily access the strategies and tactics that will help them to manage the many adversities in life." Courtesy of Meridian Credit Union, and in support of Mental Health Week, youth, parents, caregivers, and teachers can now sign up for this resource for free until May 31, 2023.

To learn more, visit www.thrivelandia.com

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About Strong Minds Strong Kids, Psychology Canada: Strong Minds Strong Kids, Psychology Canada (a new brand from The Psychology Foundation of Canada) is a registered charity with a mission to nurture resilience in children by providing infants, children, and youth with the psychological well-being to thrive emotionally. A small, national staff, along with support from many volunteers, make it possible to develop and deliver several psychology-based proven programs and resources to local communities across Canada. The organization is led by a volunteer board of prominent psychologists, and business and community leaders.

www.strongmindstrongkids.org

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