



FOR IMMEDIATE RELEASE

The Psychology Foundation of Canada receives an \$18,000 Bell Let's Talk Community Fund grant to help children and families in Calgary build core coping skills to promote their mental well-being

TORONTO, October 29, 2020 – The Psychology Foundation of Canada is pleased to receive an \$18,000 grant from the Bell Let's Talk Community Fund to support *Kids Have Stress Too!* and *Stress Lessons* training for Big Brothers Big Sisters of Calgary (BBBS Calgary) staff, mentors and families to help prevent and mitigate mental health issues for youth facing adversities in the Calgary area.

For over 20 years, The Psychology Foundation of Canada has been helping children and youth identify and manage their stress, which is critical to building a solid foundation of mental health.

"Building core coping skills in youth can help to buffer the effects of toxic stress," said [Dr. Robin Alter](#), Clinical Child Psychologist and Trustee of The Psychology Foundation of Canada. "This is important because toxic stress can lead to long-lasting wear and tear on the body and brain."

Through a partnership with BBBS Calgary, which supports children and youth facing adversities, stress experts from The Psychology Foundation of Canada will provide training for staff, mentors and families about their psychology and evidence-based programs like *Kids Have Stress Too!* and *Stress Lessons*.

"Sixty-six per cent of youth in our mentorship program have experienced four or more adverse childhood experiences," said Jillian Dowding, Director, Service Delivery at BBBS Calgary. "Empowering our mentors with the knowledge and skills to support and promote the mental health of their mentees is another way in which we can help our youth maximize their potential."

"The Psychology Foundation of Canada is proud to be one of the organizations selected to receive a grant from the Bell Let's Talk Community Fund," says [Dr. Mark Smith](#), Chairman of the Board at The Psychology Foundation of Canada. "We are grateful for this funding as it is giving us the opportunity to offer our programs to communities in need. This gets us one step closer to ensuring every child in Canada has the opportunity to thrive."

"Bell Let's Talk is pleased to help The Psychology Foundation of Canada offer *Kids Have Stress Too!* and *Stress Lessons* training for staff, mentors and families at Big Brothers Big Sisters of Calgary to help support children with mental health issues," said Mary Deacon, Chair of Bell Let's Talk. "The Bell Let's Talk Community Fund supports a diverse range of mental health organizations throughout the country, like The Psychology Foundation of Canada, that are taking action to improve access to mental health care for young people living with mental illness and their families."

Bell Let's Talk promotes Canadian mental health with national awareness and anti-stigma campaigns like Bell Let's Talk Day and significant Bell funding of community care and access, research and workplace leadership initiatives throughout the country. To learn more, please visit Bell.ca/LetsTalk.

Kids Have Stress Too! and *Stress Lessons* are programs that help children and youth identify and manage their stress, and develop coping skills to last a lifetime. Learn more about [Kids Have Stress Too!](#) and [Stress Lessons](#) programs.

ABOUT THE PSYCHOLOGY FOUNDATION OF CANADA:

The Psychology Foundation of Canada is a registered charity with the mission to nurture resilience in children by providing infants, children and youth with the psychological well-being to thrive emotionally. A small national and regional staff have built a network of trainers and program facilitators to deliver psychology-based proven programs and resources in local communities across Canada. The organization is led by a volunteer board of prominent psychologists, business and community leaders.

###

MEDIA CONTACT:

Anne Lovegrove, The Psychology Foundation of Canada, annelovegrove@psychologyfoundation.org, 416-566-6644