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## About Strong Minds Strong Kids, Psychology Canada:

Strong Minds Strong Kids, Psychology Canada (SMSKPC) is a national registered charity dedicated to nurturing resilience in kids with the use of psychological science so they can manage, learn, and grow from the many challenges in life. We help infants, children, and youth build a solid foundation of mental health before problems or issues may begin. We are a small organization with a big impact. Our team is committed to ensuring youth and their families have the tools to build their mental wellbeing through our critical psychology-based programs and resources. Our evidence-based Stress Lessons: Tools for Resiliency (Grades 9-12) is one of these programs.

## What is Stress Lessons: Tools for Resiliency?

Our original *Stress Lessons: Tools for Resiliency* is an evidence-based program designed for education professionals who want to help students in grades 9-12 develop resilience. Full of psychologically-sound strategies and tools, this resource helps educators and youth-serving professionals working with teens to develop their knowledge about stressors and stress responses, and positive coping skills, increasing their sense of well-being.

## Stress Lessons Peer Mentor Training

In 2023, through generous funding from the RBC Foundation, we were able to adapt our **Stress Lessons: Tools for Resiliency Grades 9-12 program** into a Peer Mentor training model based on the feedback we received from various school boards. When taking this training, **Peer Mentors in grades 9-12**, can anticipate a comprehensive understanding of stress and its manifestations in daily life through participating in group discussions and engaging activities by our facilitator. They'll be equipped with the skills to recognize stressors in themselves and others and apply effective coping strategies. Additionally, they will gain invaluable facilitation skills, empowering them to lead and guide their peers in meaningful discussions about managing stress. The training also emphasizes the importance of empathy and support—helping Peer Mentors become guides and trustworthy allies in their peers' stress management journeys. Other key information about the training includes the following:

- Training is one session, for 2 to 3 hours virtually for secondary school students at this time.
- We facilitate the training to students, and require a teacher, guidance counsellor, and/or school staff to be in class while we provide the training to students online in order to support the Trainer, depending on the group's size.
- We have funding in 2024 to provide Peer Mentor training to secondary school students at **no cost**, which includes **(a)** virtual training by our facilitator **(b)** printed and/or electronic versions of the Peer Mentor guides and Stress Lessons Tools for Resiliency PDF guide **(c)** a training certificate of completion for Peer Mentors to put in their academic portfolios, and **(d)** additional funds to schools or community organizations that participate to support them in coordinating their own Stress

**Strong Minds Strong Kids, Psychology Canada**  
From The Psychology Foundation of Canada  
3219 Yonge St. Suite 228 Toronto ON, M4N 3S1  
Tel: 416-644-4944 Email: [info@strongmindsstrongkids.org](mailto:info@strongmindsstrongkids.org)  
Charitable registration number 88921 2395 RR0001



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Lessons peer-to-peer session or events to encourage Peer Mentors to implement what they have learned with other students and youth!

*Note: Each school/organization determines with their Peer Mentors how they would like to best implement what they've learned with their peers (e.g., school project, events, extra-curricular groups). SMSKPC may follow up with the schools that participate in order to get updates about how Peer Mentors are implementing the training to report back to the funder and our community.*

### **Next steps**

We would love to be able to offer this Peer Mentor training opportunity at no cost to your students or youth in either Spring or Fall 2024. We have 150 funded spots for students this year. **Please contact Lanaya.LaRose@strongmindsstrongkids.org** if have questions or would like more information.



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From The Psychology Foundation of Canada  
3219 Yonge St. Suite 228 Toronto ON, M4N 3S1  
Tel: 416-644-4944 Email: [info@strongmindsstrongkids.org](mailto:info@strongmindsstrongkids.org)  
Charitable registration number 88921 2395 RR0001