

October Newsletter 2025



Discover our latest programs and opportunities to support children's mental well-being: from **Make the Connection / Créer des Liens** for parents of young children, to **free stress management trainings** for educators, and exciting ways to **join and give at our Strong Minds Gala**. There's something for everyone—let's build resilience together!

Make the Connection - Now Available in French!



Our online Make the Connection program for parents and caregivers is now available in French: Créer des Liens (CDL).

Grounded in psychological science, the CDL program helps parents and caregivers with infants from birth to age 3 nurture secure attachment and build strong, healthy relationships - now, in French!

[Register for Créer des Liens!](#)

[Download the CDL Postcard](#)

The Make the Connection / Créer des Liens program is available to you at no cost thanks to the generous support of [GreenShield](#).

Free Trainings for World Mental Health Day and Beyond



Fall 2025 Open Call Sessions

for child-serving professionals KIDS HAVE STRESS TOO! GRADES 1-6	for youth-serving professionals STRESS LESSONS GRADES 7-12	for caregivers & community members STRESSLESS AGES 4-12	for caregivers & community members STRESSLESS AGES 12-18
October 10 1:00pm - 2:30pm EDT	November 7 1:00pm - 2:30pm EST	December 10 12:00pm - 1:00pm EST	December 11 12:00pm - 1:00pm EST
			

Join us this World Mental Health Day on October 10 from 1:00–2:30 p.m. EDT, for our free Kids Have Stress Too! Grades 1–6 virtual training and learn practical ways to support children’s mental well-being and stress management in the classroom!

Can’t make it? Explore our open call stress management sessions for educators, child-serving professionals, and parents/caregivers. These virtual sessions share practical strategies to support children’s and teens’ mental well-being and stress management.

[Learn More & Register!](#)

These sessions are available to you at no cost thanks to the generous support of the [Jackman Foundation](#).

[Donate to Win!](#)



Join us at our Strong Minds Gala for an unforgettable evening of celebration and impact.

When you donate during the event, you'll have the chance to win two roundtrip tickets to any Air Canada destination—thanks to the generous support of the Air Canada Foundation. And that's not all—our team is putting together exclusive prize packages just for Gala guests!

Every ticket purchased and every donation made helps children, youth, and families across Canada build resilience, manage stress, and thrive.

Buy Your Tickets & Sponsorships Here!

Make A Positive Impact on Children and Youth in Your Life

When you invest in Strong Minds Strong Kids, Psychology Canada you invest in a brighter future for our children and youth ensuring they have every opportunity to thrive.

Donate Now!



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