



WHAT'S NEW

- Social Innovation Labs -

In February, the Mental Wellness Team will be hosting Diane Roussin of the Winnipeg Boldness Project and Nicole McDonald of the McConnell Foundation, who will be presenting about their experiences in using social innovation labs to develop and implement innovative, community-based approaches to wellness.

Social innovation labs are used to tackle complex societal challenges that require system-wide change. They provide a structured process and create a safe environment to collaborate with the community, be creative, experiment and test solutions. Social innovation labs have a person-centred approach instead of an institution- or organization-centred approach.

Diane leads the Winnipeg Boldness Project, a child-centred, early childhood development project that brings together community knowledge and evidence-based best practices in order to bring about large-scale change in the North End community of Point Douglas, Winnipeg.

Nicole is the Program Director, Indigenous Initiatives for the McConnell Foundation. Among its many activities, the Foundation provides funding and support for social innovation projects.

For more information about social innovation labs, please see the links below:

- <http://www.winnipegboldness.ca/>
- <http://www.mcconnellfoundation.ca/en>
- <http://www.socialinnovationlab.net/>
- <https://www.banffcentre.ca/articles/what-social-innovation>

PEOPLE & PROGRAMS



January 25, 2017: Bell Let's Talk Day - \$6,585,250.50 raised!
Taken from Bell Let's Talk raises more than \$6.5 million for mental health (CTVNews.ca Staff)

A national campaign that started back in 2010; a campaign created to raise awareness and end stigma around mental health. Every time a text, phone call, or social media was used with the 'Bell Let's Talk' message, five cents was donated to mental health initiatives around the country. This year's campaign surpassed 2016's by more than 5.7 million interactions. Since 2010 'Bell Let's Talk' has raised \$79 million. Click [here](#) to read the full article.



February 22, 2017: Pink Shirt Day!

A campaign dating back to 2008 which started from students standing up and supporting a bullied peer. For a day each February, people are encouraged to wear a pink shirt, button or pink to symbolize that you do not tolerate bullying. Since its humble beginning, the campaign has raised over \$1.5 million; donations fund numerous projects across the country that support healthy self-esteem, empathy, compassion and kindness. Check out more right [here](#).

Monthly Webinar

Please click on the button below to pre-register for the free webinar!

February's webinar: *Self-regulation: We are doing it all the time- How are you coping with your energy?* (Stacey Burnard)

Date: Tuesday February 7, 2017
@ 12:10pm – 12:50pm

[Click here to Register](#)

February – Upcoming Training

February 7 - YFN 101

February 16 & 17 - Applied Suicide Intervention Skills Training (ASIST)

February 20 - Managers Orientation to Trauma Aware Practice (TAP)

February 23 - Leading Systems Change

February 28, Mar 1 & 2 – Mental Health First Aid – First Nation

In order to register for any of the trainings, please visit our new online system!

[Register Now](#)

Dimensions of Wellness

Check out this TED talk: *Why we all need to practice emotional first aid* (Guy Winch)

"... why don't we see a health professional when we feel emotional pain: guilt, loss, loneliness?"



(Click on picture to watch video)

Promising Practices

How Folding Mental Health Services into Maternal and Infant Care Can Help Low-Income Families

"Integrating therapy, other services, or information into routine visits can make getting help easier ..."

[READ MORE...](#)