

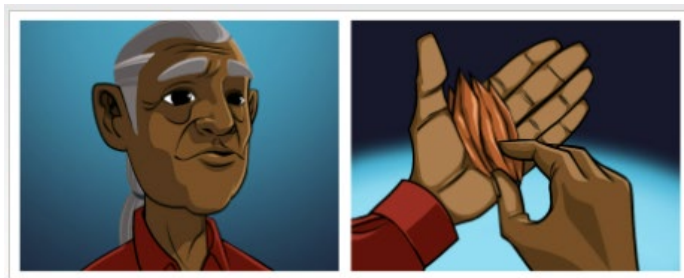


HEALTH PROMOTING SCHOOLS MONTHLY NEWSLETTER FEBRUARY 2022

INDIGENOUS RESOURCES

New Animated Video Highlights Respecting Traditional Tobacco, Quitting Commercial Tobacco

Made in partnership with Indigenous Story Studio, with the guidance from Elders at Tsow-Tun-Le-Lum Society and youth from around BC, this video highlights important teachings around culture, sacred tobacco and wellness. For more information, see the news [article](#). You can watch the video [here](#).



MENTAL WELLNESS

Download the App or
use in a browser

Hours: 7 days/week
1:00pm–9:00pm



Foundry Virtual BC

Foundry's provincial virtual services offer free drop-in and scheduled counselling & peer support, primary care, employment support and groups for young people aged 12-24 and their caregivers across BC.

All services are free and confidential. We offer video, audio and chat options.

For more information visit foundrybc.ca/virtual. If you don't have access to internet, call 1-833-308-6379 or email online@foundrybc.ca.



NUTRITION

Cooking with Kids - Have a look at this informative resource [Kids in the Kitchen](#) for cooking skills ideas by age.