

Transition Resource Package

A Toolkit for Families

Created by the HCDSB CYC Department

Parent & Caregiver Resources

Achieving Believing Belonging



Tips for Parents & Caregivers

With the start of the summer months and the new school year, your child may experience a variety of emotions. Returning to school during COVID-19 will look different with a new teacher, new students, and new expectations. Supporting your child and their mental health will provide them with the tools they need to respond during these times of transition.



If you feel your child may be struggling with a mental health concern, try one or several of these strategies:

[How To Talk With Your Child When You Feel They May Be Struggling With A Mental Health Concern](#)

Resources for Parents & Caregivers



- [How to Talk With Your Child or Teen When You Feel They May Be Struggling With a Mental Health Concern](#)
- [Youth Mental Health Resource Hub](#)
- [Tools to Support Your Teen and Their Mental Health](#)
- [ROCK Resource Guide for Families](#)
- [Youth Services for Residents in Halton Region](#)
- [Mind Your Mind](#)