

OUR PROGRAMS

Starts With Me offers single or multi-session programs

That are adaptable to all curriculum requirements and that are designed to provide students with life-long skills to help them thrive in the modern world.



PROGRAM TOPICS:

- ✔ Understanding the developing brain
- ✔ Stigma awareness and reduction
- ✔ What is mental health, illness, addiction recovery, and well-being?
- ✔ How to support someone struggling with their mental health
- ✔ Listening and communication skills
- ✔ Self-awareness & Self-compassion
- ✔ Establishing values and goal setting
- ✔ Healthy relationship with social media
- ✔ Personal experience storytelling
- ✔ How to set healthy boundaries
- ✔ The warning signs of deteriorating mental health
- ✔ How to cultivate resilience and well-being



Our work with students culminates and is celebrated at the annual State of Mind Festival. The festival is an opportunity for students to present and express their experience with mental health through art, dance, design, music, and technology and to learn from and engage in meaningful conversations with leading mental health practitioners. The festival is held each May during Mental Health Awareness week. Participation is free. For more information visit: stateofmindfestival.com



Let's Work Together!

We'd love to work with you! To do so, please get in touch with our Director, Mike Stroh at mike@startswithme.ca. You can also learn more about our work at our website: startswithme.ca