

Community Coming Together is a Mental Health Capacity Building Project, we are going into our fourth year of the project. In St. Mary's and Notre Dame we provide Mental Health services to students and staff who have been identified to us by either: a teacher, administrator, counselor, or by themselves in addition to the entire student body. We aim to provide a broad range of services to all of our students including addictions, mental health, and social skill building. Through the implementation of universal planning, we plan to broaden our reach to all students in these middle schools to help educate them about issues that they face every day. An example of universal planning would be that through groups such as, The Medicine Hat Youth Action Society, Alberta Mental Health, Palliser Health Region, AADAC, Medicine Hat Police Department and The Catholic Board of Education, with access provided by the Community Coming Together Project, we hope to reduce the stigma associated with mental health. Feel free to stop by and say Hi, to one of the Community Coming Together staff!