



Healthy People, Healthy
Communities, and Service
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Health System

Sun West School Division/Heartland Health Region

Joint Media Release

Grade 8 Sun West Students to Participate in Talking to Youth Live (TTYL) Program

The Sun West School Division and Heartland Health Region are partnering to offer a full day event for grade 8 students. This event is called Talking to Youth Live (TTYL). It is an interactive day to educate and create awareness in youth about mental health and addictions, while networking, learning about healthier alternatives and having fun.

The students will be divided into 5 groups. They will begin with an opening session, then rotate through the following topics: mental health, addictions, impairment, consequences & choices, and practical ways to maintain mental wellness. The day will conclude with a guest speaker that has journeyed through mental illness and/or addictions.

The day will include learning activities such as; jenga, snakes and ladders, kerplunk, and an obstacle course.

There are several events scheduled throughout the year beginning next week on October 13, 2016 at Elrose Composite School

Other dates this school year include:

Rosetown - Nov 17, 2016

Kindersley - Feb 9, 2017

Outlook - March 16, 2017

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