



TRUE NORTH
YOUTH FOUNDATION



Dear Parent(s) or Guardian(s),

The True North Youth Foundation has offered the opportunity for grades K-8 classrooms across Manitoba to take part in the training and implementation of Project 11. Over 1200 classes in Manitoba are now participating in this positive mental wellness program, including your child's classroom.

Project 11 is a fifteen-week, online video-based program, developed by teachers, for teachers. Lessons and activities have been designed to help support students and teachers in bringing mental health awareness and positive coping skills into their lives, while naturally increasing academic success.

Weekly lesson plans cover topics which bring awareness to what it takes to maintain healthy friendships and communication, while practicing problem-solving strategies and self-reflection techniques. Daily activities that teachers can also access and incorporate, include:

Classroom Yoga	Relaxation Techniques
Indigenous Dance	Art Energy
Fun with Fitness	Music and Rhythm
Laughing Yoga	Fun with Food
Hip Hop Dance	Mindful Moments

For more information about Project 11, please do not hesitate to contact us by telephone or email, or visit our website, www.projecteleven.ca.

Sincerely,

KERRI WALDBAUER
Coordinator of Educational Programs

SUZI FRIESEN
Director of Educational Programs

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WE ARE
TRUE NORTH.