



Beside you through grief's journey



## FOR IMMEDIATE RELEASE

**REGINA, SK.** May 11, 2020 – Caring Hearts introduces online **Strategies for Thriving During the Covid-19 Pandemic** - resources of coping skills for children and youth to support parents and caregivers during the pandemic.

Beginning the week of May 11, 2020 Caring Hearts will be providing online resources geared to children and youth to increase levels of hope and build self-esteem. The strategies and resources are focused to support parents and caregivers and their families during this difficult time.

Right now, parents and caregivers are facing the challenges of managing their own anxiety and stress with financial, social, and employment uncertainty. Cindy Rice, Youth Programming Consultant with Caring Hearts, notes “It’s not always easy to find resources to help children and youth navigate the uncertainty of the pandemic.” A retired long-time educator, Rice believes it is important for children and youth to cultivate gratitude and hope as they learn about health and wellness techniques. “I know it’s tough right now. Every day is filled with uncertainty, so its important that kids know they are not alone. Kids are naturally resilient, so this program is a good way to help them focus and stay positive.”

Caring Hearts is developing an online toolkit of age-specific resources for kids including activities; art therapy; communication; family; mental health; mindfulness; resilience; gratitude; and self-esteem. The eight-week program will include weekly resources for children and youth ages 6 to 9; 9 to 12; and 12 to 16.

Information will be posted on the Caring Hearts website and shared on our Facebook, Twitter, and Instagram pages. All materials will be rolled out on a weekly basis and archived [on our website](#) for viewing at a later date.



Beside you through grief's journey

Support for this program is generously provided by the South Saskatchewan Community Foundation Emergency Response Fund.

- 30 -

For More Information Contact:

Shelley Svedahl, Executive Director  
Telephone 306-523-2782 or 306-550-5249 (cell)  
[Shelley.svedahl@caringheartssk.ca](mailto:Shelley.svedahl@caringheartssk.ca)

*Caring Hearts. is a registered charity that is committed to meeting the bereavement needs of our community by enhancing mental health and healing through education, programs and services for those dealing with grief and loss*

Check out the [program overview](#)