

## Can We Talk? Drowning Out Hate With Love!



**Garrett Metcalfe**  
*District Representative*

Social justice activists have been warning us for years that the far-right is gaining momentum and popularity globally. We have seen the hate and polarization play out in the media south of the border, often taking comfort in a false narrative that this could never happen here in Canada.

Guess what folx, hate (including membership in hate groups) has increased significantly here in Canada and the hate is right here in our own community.

Over the past year, we have seen homophobic and transphobic comments and social media posts attributed to one of our own DDSB trustees, Linda Stone. Even with these comments, she managed to get herself re-elected this fall, despite the collective efforts of District 13. A DDSB Integrity Commissioner report led the other trustees to find Linda

Stone guilty of violating their code of conduct six times, and to unanimously vote to censure her. With her being silenced at that table, we have seen her allies come from out of the woodwork. The trustee election demonstrated she had her local supporters, but now we know who they are!

Through Trustee Stone's social media, we got word that far-right group Action4Canada was hosting a local event titled "Stop the Global Transgenderism Insanity on Our Children – Physiological Manipulation and Indoctrination in the Education System". And guess who one of their advertised guest speakers was? You got it, Trustee Linda Stone. District 13, ETFO Durham and DDSB went into action and applied pressure to get the hosting church to cancel the event.

While we were successful in having this initial rally cancelled, it quickly came to our attention that a partnership between Action4Canada and the Durham Region Freedom

Fighters had developed, and a plan was in place to hold a rally outside of the DDSB and to disrupt the Board meeting. Their posters included words like "Stop Wynne's Ed/SCE curriculum and stop sexually exploiting children." They also reference the criminal code stating it is an "indictable offense

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## Can We Talk? Drowning Out Hate With Love! (cont'd)

liable to imprisonment to exploit or expose minors to any form of pornography or sexually explicit materials or activities.” This was just another blatant attack on the Queer community that is rooted in homophobia and transphobia. To be clear, the Queer community happens to be the target right now, but the Action4Canada website also reveals they are opposed to all identity conversations in schools including anti-black racism. Like some of the political movements we see in American states such as Florida, Action4Canada targets the education system and any curriculum that sits outside of language,

mathematics, and science. All of their attacks are in the name of protecting Canadian values.

The Queer community reached out asking for support and trade unions including ETFO, OSSTF, CUPE and multiple others stepped up to organize a counter-rally of love to send the message to our Queer students that we are here for them! A call out was made and the community and their allies overwhelmingly responded.

Inside the DDSB boardroom, all 83 seats were filled by our supporters ensuring the protestors were unable to get

in and disrupt with their hate. Outside, more than 300 folx showed up to drown out the hate with love and positivity. Waving flags, the community and their allies were dancing in the street in support of our Queer youth and sending the clear message that hate does not belong!

District 13 OSSTF would like to thank all of our members, the community partners and labour organizations for coming together so quickly and sending a clear message of peace and inclusivity. We collectively drowned out their hate with love!

## Counter-Rally of Love:

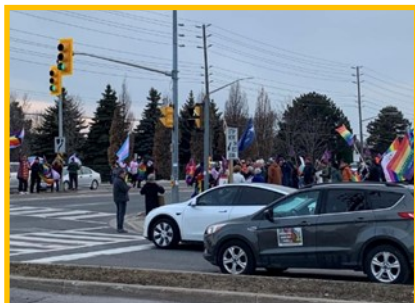
### We Packed The Board Room!





# Counter-Rally of Love:

We Danced in the Street—Here for Queer Youth!



## Ministry of Labour, Immigration, Training and Skills Development – Workplace Violence Initiative



**Richard McCormack**  
*District Representative*

The Ministry of Labour, Immigration, Training and Skills Development (MLITSD) has been conducting a workplace violence initiative in the education sector from April 2022 to March 2023, with an inspection blitz taking place this February and March. Each year, the MLITSD plans initiatives to raise awareness about specific workplace hazards and enforce compliance with the Occupational Health and Safety Act (OHSA) on those specific hazards. This initiative is focused on three areas: 1) measures and procedures for preventing workplace violence during transitions; 2) provisions of information, instruction, and supervision (including to occasional workers); and 3) workplace violence risk assessments and re-assessments.

The MLITSD has scheduled a field visit to 10 schools in the Durham District School Board. Of these ten schools, three are secondary schools: Dunbarton High School, J. Clarke

Richardson Collegiate and Maxwell Heights Secondary School.

The MLITSD held a consultation meeting with the Board and the Joint Health & Safety Committee (JHSC) worker members. At that meeting, it was determined that the school administrator, a DDSB Health & Safety department staff, a JHSC management representative and a JHSC worker representative would be present for the school visits. The MLITSD indicated that it wanted to speak with workers in the building, but this has not been common practice at the school visits. District 13 OSSTF believes that having a worker representative from the school present for the full inspection is valuable.

In these meetings, the JHSC worker representatives have been able to ask questions and add input regarding violent incident reports that have been received from the school, the school workplace violence risk assessment, student behaviour safety plans, student briefs, behaviour management system training for staff, along with any other information that has been gathered from conversations with workers at the schools.

During each school visit, the school administration has demonstrated competency when responding to questions from the Ministry inspectors. As a result, the filed visits have not resulted in any orders for the employer from the MLITSD. Provincial OSSTF has been compiling the results from field visits from sites across the province and these also indicate minimal orders have been provided to employers. In the DDSB, it is evident that the school Admin have been very well prepared for these visits. With any inspection, the preparation that occurs ahead of it brings a worthwhile outcome. Since these visits have demonstrated that the employer is competent around workplace violence, we will expect this to carry over to everyday applications when school administrators deal with incidents of workplace violence.

### Where is President Waldo?

To reward our eagle-eyed readers, the first 5 members to find President Waldo and send an email to Ruth Leone at [ruth.leone@d13.osstf.ca](mailto:ruth.leone@d13.osstf.ca) identifying his location will receive a D13 prize!



# AMPA Report

## Matt Thomas *AMPA Delegate*

Humbly I submit my musings which were recorded during and after my attendance at AMPA 2023 over the first weekend of March Break, my sixth time as a delegate for D13.

President Karen Littlewood set an appropriate tone in her opening remarks, emphasizing our collective strength and the need to remain united as we are in constant struggle with a hostile provincial government. Their agenda appears to be to undermine essential services through underfunding and refusing to negotiate in good faith. Littlewood pointed out a repeated pattern of the Ford government: making unconstitutional decrees which are promptly overturned in the courts when we challenge them, but which are subsequently (and wastefully) appealed by the government. Their aim appears to be to continue to push against our collective vigilance in the hopes of degrading the public education system in order to seek privatization as a way to "solve" a problem they are actively creating. To have this so clearly demonstrated by our president at the onset of the meeting was a "cri de coeur" to all members that unless we are active and participate in challenging our MPPs in our ridings, we are risking complacently supporting a government bent on ruining what

has taken years to build - a publicly funded education system which is the envy of many other states around the world.

Being the first in-person AMPA since 2019, the mood was cautiously celebratory with a recognition of the important improvements in equity and decolonization still necessary in our federation (and across Canada). Equity-focused caucusing went on all weekend outside of the conduct of "business", involving heavily dedicated members (and volunteers) from across Ontario showing the commitment that exists to improve our practice and set standards in inclusivity.

Much of the first morning was spent recognizing student achievement in giving awards in honour of Marion Drysdale. From across Ontario, students created powerful and moving works on the assigned theme, "I am everything you say I am not". A cynic might view this as a self-congratulatory act. But I found it to be deeply moving and profound simply in the sense that these achievements were really only about what students thought and felt and created, and it made me think about my own practice professionally. To see what a truly motivated student, regardless of any exterior factors, can produce was astonishing and made me reflect

that sometimes only a simple gesture of recognition and encouragement can mean so much for our students.

Voting at AMPA this year was modernized with the introduction of "clickers", intended to render precise results on votes for motions and elections. The old way was likely in practice for the first hundred years of our existence, and there appeared to be those in the room whose opinion was "if it ain't broke, don't fix it". After much nitpicking and consternation (which might have actually been a case of political protesting or malicious compliance), we carried out elections which returned a group of leaders very capable of seeing us through the year to come.

As AMPA wrapped on Monday afternoon, a difficult scene unfolded which demonstrated again that we have much work to do to achieve true equity and that even well-intentioned people have the capacity, through their learned behaviours and subtleties of language, to commit harm and must recognize that there is learning to be done.

I will conclude by saying that it is always great to reconnect with fellow AMPA delegates, former D13 leaders now working for the provincial office in a variety of capacities, and the once-a-year friends from far-flung places like Thunder Bay. It's always an honour to represent the members in Durham.

# AGM Election Ads

## Shane Stagg for District and TBU President



- Strength of Character
- Integrity
- Dedicated to Supporting Members
- Committed to Equity and Anti-Oppression

**Let's strengthen  
our future together!**

It has been a tremendous honour to serve members of District 13 over the past year. With your continued support, I look forward to serving you into the future.

Members expect and deserve a president that is committed to the role. I take the responsibility very seriously and remain dedicated to representing individuals and the entire membership.

Both as TBU President, and as District President, I am proud to work with, and for, such a dedicated group of education professionals.

Together with dedicated branch representatives, a vibrant District Executive, a talented team at the District Office, and a membership devoted to public education, we are ready to take on the challenges ahead.

**Please re-elect Shane Stagg for District and TBU President.**

District and TBU President  
Chair of District Executive  
Chair of District Council  
Chair of Joint Employee Relations Committee

Chair of Constitution Committee  
Co-Chair of Political Action Committee  
Grievance Officer  
Provincial Councillor

**Proven Leadership**

## Re-Elect George Chaktsiris for District 13 Vice President



*We are better Together!*



District Vice President	2020-Present
District Executive	2018-Present
Branch President	2014-Present
Chair of Communications	2018-Present
Constitution Committee	2019-Present
DAM Chair of Elections	2012-2020
CBC	2011-2014
PAC/EPAC	2007-2013
Provincial Leadership	2018-Present
AMPA Delegate/Alternate	2014-Present
DAM Steering	2020
Strike Captain	
Bargaining Team Member	

*Dedicated*

*Experienced*

*Knowledgeable*

## RE-ELECT Chris Davis for Vice President



**Forward Together!**

**Thoughtful, Committed Leadership**

### Experience

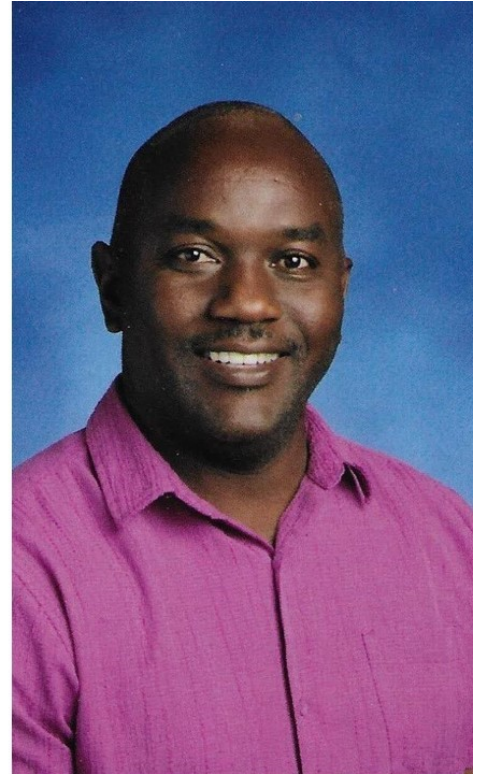
Current District Vice President  
 Current Local Bargaining Team  
 Current AMPA Delegate  
 Current Human Rights Committee  
 Former Communications Committee

**Advocacy • Inclusion • Progress**



Elect  
Roger Gordon  
for  
District 13  
Vice President

- Political Action Representative for Henry Street 2007-Present
- Two-Time AMPA delegate - 2022 and 2023
- Black Advisory Committee 2021-Present
- Will defend local educational issues
- Will listen and support member concerns around mental health, equity, social justice, stress and workload
- Will work with Executive to make a differences for all District 13 members



**Re-Elect**  
**Rob Walker**  
**for**  
**Vice President**

**For Experienced, Principled Leadership**

- Currently Vice President, District 13 Executive
- Currently Branch President, Uxbridge SS
- Formerly, Secretary, District 13 and 17 Executive
- Formerly, Health & Safety Rep., Uxbridge SS
- Formerly, Collective Bargaining Rep., Uxbridge SS
- Formerly, District 13 AMPA Delegate 1991–2004



**Re-Elect  
NICOLE BLÉAU  
For District Treasurer**



**COMPETENT**

**DEDICATED**

**RESPONSIBLE**

**Experience you can trust**

**Re-Elect  
NICOLE BLÉAU  
For Additional TBU  
Provincial Councillor**



**EXPERIENCED LEADERSHIP  
YOU CAN TRUST**

## **TBU AMPA DELEGATES**

*Number to be elected is determined by  
FTE number of our membership*

Nicole Bléau  
George Chaktsiris  
Chris Davis  
Ryan Gallagher  
Roger Gordon  
Jason Himsl  
Richard McCormack  
Marcia McCrae  
Garrett Metcalfe  
Matthew Thomas  
Kokhulani Yasodaran

## **FeelingBetterNow®**

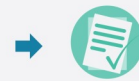
Connecting Mental Health Problems to Solutions

**Stressed, anxious or depressed?**

Go to: [feelingbetternow.com/otip](http://feelingbetternow.com/otip)



Assess your  
mental health



View your  
action plan



Access your  
self-care  
toolbox

Resources in *Your Toolbox* include:



Helping  
Yourself



Stress  
Reduction



Helping  
Others

[www.feelingbetternow.com/otip](http://www.feelingbetternow.com/otip)




## Resolutions to Amend the Constitution, Bylaws and Policy of District 13 OSSTF and District 13 OSSTF TBU 2023

According to our Constitution, the on-time resolutions to amend the Constitution, Bylaws and Policy of District 13 OSSTF and District 13 OSSTF TBU must be published to the membership at least 5 weeks in advance of the District Annual Meeting.

Please visit this link to access the proposed on-time amendments: [www.d13.osstf.ca/resolutions](http://www.d13.osstf.ca/resolutions)

*Save the date for Annual General Meetings*

May 2023											
		1		2		3		4	<b>District 13 Annual General Meeting</b>		
7		8		9		10		11	<b>PSSP Annual General Meeting</b>		
14		15		16		17		18	<b>OTBU Annual General Meeting</b>		
21		22		23		24		25			
28		29		30		31					

## Planning for Retirement When it's Ten Years, Five Years, and One Year Away

*Provided by OTIP*

Planning for retirement but don't know where to start? You're not alone. Here are some action items you can take as your retirement date draws closer.



Read more at [www.otip.com/article160](http://www.otip.com/article160)

## A Heartfelt Response to Member Donations

At our D13 Family Day Skate, members were asked to bring cash donations or donated items to support our community. District 13 decided

to send those donations to the food bank and pantry hosted at DASS Oshawa for their students to access. This letter was submitted in thanks by a

DASS Teacher who was touched by the generosity of our members and the work of the Union.

Dear District 13,

I get emotional in the most beautiful way before I think about what to write. When feelings precede words, I know it's my heart speaking.

Thank you District 13, for sending the ever humble and caring Richard McCormack armed with non-perishables and, as one student noted, "bougie" hygiene products. I was walking towards my car yesterday when I saw Richard unloading his trunk with boxes and bags.

I was so happy to see him, let alone learn why he was at our main site. As it turns out, he was delivering the items collected at the D13 Family Day Skate.

D13, thank you so much for these donations. Durham Alternative Secondary is as dear to my heart as is D13. We have a wide variety of services to support our community and its incredible students. Visible and invisible poverty continues to grow and, as it does at DASS, so do the generous hearts of our community. Before Richard headed to the office with the

cash donations, we unloaded the goodies outside our grocery room.

One story stands out the most. One of the donated items was a 3 piece, large volume set of a high quality hair care line. A student came along and they discovered it was shampoo, conditioner and treatment product, all from the same line, of the same brand, in such big containers. Ones many of us never think twice about.

Every day, I have so many moments that check my privilege. My gosh, that moment will stand out for a long time.

"Laura," they exclaimed, "it's all from the same (line/brand). I've never had that before!"

I wish I could articulate what this gift set meant to this student. I cannot and I won't even try. Their tone, expression, body language, the joy in their eyes... the only thing my heart could suggest at the time was taking a picture and writing this letter, so that it may be shared with members.

Thank you for putting the "Family" in Family Day for the many students you have reached and will reach in the coming days with these gifts.

Yours in federation,  
-Laura Michaluk



Richard McCormack, D13 Representative delivering the donations to DASS Oshawa.



# Kitchen Korner

**Heather Tyrrell**

***Communications Rep.***

***J. Clarke Richardson***

There are celebrations going on right now and coming up all over the world. The most common theme with these celebrations is **FOOD**. Ramadan is the ninth month of the Islamic calendar, observed by Muslims worldwide as a month of fasting, prayer, reflection, and community. At the end of Ramadan, there's a big three-day celebration called Eid al-Fitr, or the Festival of the Breaking of the Fast. Then there is Easter (which I celebrate),

which is also called Pascha or Resurrection Sunday, which is a Christian festival and cultural holiday celebrated with family, community and food. I will have my family over for a lovely homemade meal and share in some nice conversation and maybe even some chocolate. The most popular item for the Easter celebration is the Hot Cross Bun. I am going to share a link to a recipe that I will be making this year along with a few others that are my family's favorites.

Wishing you the best for you and yours.

## **Hot Cross Buns:**

<https://daysofjay.com/2023/03/25/hot-cross-buns/>

## **Scalloped Potatoes:**

<https://www.spendwithpennies.com/scalloped-potatoes-recipe/>

## **Roasted Brussel Sprouts:**

<https://www.onceuponachef.com/recipes/roasted-brussels-sprouts.html>

## **Today's Tip**

Invest in a good set of digital scales. Not only does it mean you can be super accurate with your measurements, but you can also save on cleaning up. Weigh all your dry ingredients into the same bowl, one at a time, taking the scales back to zero after each addition.

## **Today's Funny**

"If you are what you eat,  
then you might as well eat something good."  
-Ratatouille

As always, if you have any questions about cooking or baking, please feel free to email me ([heather.tyrrell@ddsb.ca](mailto:heather.tyrrell@ddsb.ca)) and I will be happy to help you along!! 😊

**-Chef Tyrrell-**

## **Attention D13 Members—PD Funding**

The D13 PD Committee provides up to \$100 to members who attend conferences or workshops or take non-credit courses as self-directed professional development. Apply using the PD request form by June 1st.

<http://www.d13.osstf.ca/pdfunding>

# Moral Injury and its Effects on Education Workers

**Marcia McCrae**  
**EPAC Co-Chair**

Moral injury may be an unfamiliar phrase to education workers. It refers to the emotional, psychological and mental harm experienced by people who witness, experience or are expected to participate in actions that violate deeply held moral or ethical values. Its effects have been studied by mental health professionals on its impact on military service members who experienced as a result of serving.

In the last 10 years, researchers have also examined its effect on education workers. One of the most recent studies on it was conducted by Erin P. Sugrue, of Augsburg University which was published in 2020 in the *American Education Research Journal*. It examined the outcomes of repeated moral injuries experienced by secondary and elementary teachers and other education workers in an urban school district in the American Midwest.

What does that have to do with you or me, as education workers in Ontario? Quite a bit! Moral injuries often stem from educational workers being expected to implement policies that they know do not help students or their families in the short or long term, policies that

create an unsafe environment for students or employees, or in witnessing those types of policies being implemented. In Ontario, these policies often come from fads in education that are not well supported by education research. They can also be prompted by a lack of resources and staffing support. For those who have devoted their lives, expertise and energy to our publicly-funded education system, these fads and ill-conceived policies are more than just troubling. They represent an existential threat to the work we have devoted years to.

Unsurprisingly, repeated moral injury over time causes emotional and psychological distress in educators, which manifests in many ways: feeling anxious, sad, demoralized, guilty, feeling shame about decisions made by self or others that aren't in the best interests of students, loss of identity, betrayal by those in leadership, loss of trust in those in power in our organizations or government, increased rage or anger, outbursts, reduced empathy, not wanting to interact with others, problems sleeping, relationship problems, increased use of alcohol or other substances to manage stress and depression and suicidal ideation. It can also

look like crying in the parking lot before or after school, the Sunday Night Dreads, or the bad feeling in your stomach before the day starts. The end result of these repeated injuries is low morale, a sense of hopelessness, burnout and walking away from the profession. As a profession, we cannot afford to lose any more well-trained, caring educators.

I suspect at this juncture, you are already thinking of a colleague who has expressed this to you or perhaps you are realizing that this describes what you are feeling these days. I have had multiple conversations with educational workers across this board and across this province about this issue. It's not just you. It's not just YOUR school. It's happening across the country and in other similar educational jurisdictions like the US and UK.

So what do we do? How do we respond to this challenge? On a personal level, if you are experiencing the effects of moral injury, I urge you to take care of yourself. Put your own oxygen mask on first. We've heard ad nauseam the importance of self-care, whether it's making sure you are sleeping well, eating food that nourishes you, or engaging in other behaviours that rejuvenate you. There is also

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## Moral Injury and its Effects on Education Workers (cont'd)

the option of seeking assistance from a mental health professional, either through your own personal benefits or using something like Starling Mind. Mental health professionals are equipped to help you heal and move forward.

You are not alone. We are here for you. Members are encouraged to reach out to their local union reps or the District

Office for support or to share their concerns.

On a larger scale, there are other options. One of the more difficult aspects of moral injury is that it leaves sufferers feeling like they have no control over their careers or workplaces and that they are alone in what they are experiencing. You are not alone in your experience.

Working with other educators to combat these policies, whether it is through local union work on branch executive, committees or other groups can do much to alleviate the sense of helplessness and unhappiness. I encourage you to consider getting more involved in the efforts OSSTF is undertaking to combat these policies. You won't regret it.

### Cirque du Soleil CRYSTAL

The Cirque du Soleil CRYSTAL event is coming to the Tribute Communities Centre in Oshawa December 7—10, 2023. They are offering to educators discounts on your tickets by entering the code found on the poster. Tickets can be purchased in-person, by phone or online.



**CIRQUE DU SOLEIL CRYSTAL**  
A BREAKTHROUGH ICE EXPERIENCE  
DECEMBER 7 - 10, 2023  
Tribute communities Centre

**SHOWTIMES**  
THURSDAY, DEC. 7 - 7:00PM  
FRIDAY, DEC. 8 - 7:00PM  
SATURDAY, DEC. 9 - 3:30PM // 7:30PM  
SUNDAY, DEC. 10 - 1:00PM // 5:00PM

**HOW TO PURCHASE**  
USE CODE: **GSSCHL**  
WHEN ORDERING YOUR TICKETS AT:  
- TRIBUTECOMMUNITIESCENTRE.COM/PASSWORD  
- IN PERSON AT THE TICKET OFFICE

**- SUPERGROUP PROGRAM - OSSTF MEMBERS SAVE!**

TICKET OFFICE		INTERNET	
ADULT	CHILD	ADULT	CHILD
P3 \$90.25 SAVE \$21.75 REG \$112.00	\$85.00 SAVE \$14.75 REG \$99.75	\$90.95 SAVE \$29.45 REG \$120.40	\$85.70 SAVE \$24.45 REG \$110.15
P4 \$81.00 SAVE \$17.75 REG \$98.75	\$75.75 SAVE \$14.75 REG \$90.50	\$81.70 SAVE \$22.45 REG \$104.15	\$76.45 SAVE \$20.40 REG \$96.85
P5 \$71.25 SAVE \$17.25 REG \$88.50	\$66.00 SAVE \$14.75 REG \$80.75	\$71.95 SAVE \$22.75 REG \$94.70	\$66.70 SAVE \$18.20 REG \$84.90
P6 \$62.50 SAVE \$17.50 REG \$80.00	\$57.25 SAVE \$14.75 REG \$72.00	\$63.70 SAVE \$22.75 REG \$86.45	\$57.95 SAVE \$17.35 REG \$75.30
P7 \$53.25 SAVE \$16.75 REG \$70.00	\$48.00 SAVE \$14.75 REG \$62.75	\$53.95 SAVE \$22.25 REG \$76.20	\$48.70 SAVE \$16.35 REG \$65.05

Children's tickets are valid for children 2-12 years of age at the time of the performance.  
\*All prices are subject to change. No refunds or exchanges. Offer subject to availability and cannot be combined with any other offers. Offer valid until 5:00pm the day prior to selected performance.

**HAVE A GROUP OF 10 OR MORE?**  
YOU COULD SAVE EVEN MORE WHEN YOU CONTACT WILL BALFOUR AT WILLIAM.BALFOUR@OAKVIEWGROU.COM OR BY CALLING 905-448-1578.

VG360



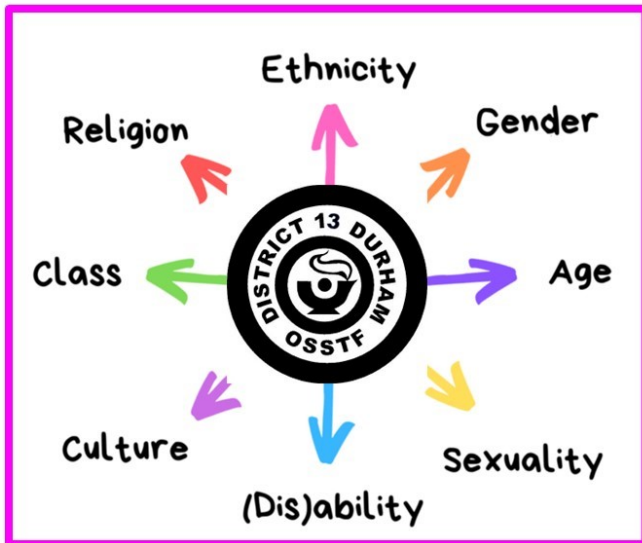
CAREpath provides support for our Permanent Teachers and their families when they are faced with a new diagnosis or a recurrent diagnosis of cancer. The support also includes a cancer survivor support program which can assess health risks in order to reduce the risk of recurrence. If you, your spouse or children need this support, call today! Contact the District Office for the LTD Policy #.

If you want cancer treatment information for friends and extended family members, you can call the free Cancer Info Line at 1 800 290 5106



## Anti-Oppression and Social Justice

### Join Our D13 Social Justice Collective!



All rights and equity seeking members are invited to come together to support one another and advocate for social justice change!

**A Place For  
Identities To  
INTERSECT!**

Reach out to Garrett in the D13 Office  
For More Information

## LifeWorks

LifeWorks counselling service is available through the OTIP LTD contract for Permanent Teachers. On an annual (calendar year) basis, you can access up to 12 hours of free face-to-face psychosocial counselling for you and your immediate family members. LifeWorks can assist you with work-related, family, personal or dependency problems. At this time, sessions are also available via distance options. As well, there are other web-based services available.

LifeWorks is mentioned on the District 13 website and in each newsletter.

To access LifeWorks, download the app or visit [otiptl.lifeworks.com](https://otiptl.lifeworks.com).

**Log in with the username and password below:**  
**Login: Lifeworks1 Password: @OTIPTL123**

Starling

Build  
Resilient  
Minds

OSSTF/FEESO

MENTAL HEALTH AND WELL-BEING SERVICES

**Starling is here for you.**



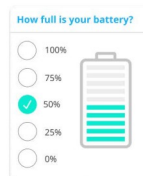
We all deserve easy, helpful support for managing stress, anxiety, burnout and depression. This is why we created our self-guided digital program that is available 24/7, immediate, private and tailored just for you. As simple steps, you can proactively build daily habits that help you better manage your mental fitness and take control of your life and well-being.

#### How it Works

1

##### Take a Check-Up

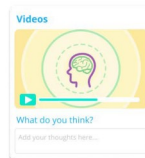
Uncover insights into how you're doing.



2

##### Build your skills

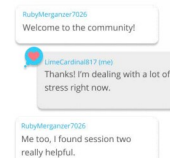
Your training sessions adapt to you. Providing you with the skills and tools to improve your mental fitness.



3

##### Connect with Peers

Share your story and find support from peers in our anonymous community.



**Ready to get started?**

Visit [member.starlingminds.com](https://member.starlingminds.com)  
 Access code: OSSTFMEMBER

## Upcoming Events for D13—2022-2023 (as currently scheduled)

April 25, 2023	Pregnancy/Parental Leave Workshop, 4:15-6:15 pm at the D13 Office Contact <a href="mailto:Nicole.Bleau@d13.osstf.ca">Nicole.Bleau@d13.osstf.ca</a> to register
April 28, 2023	Day of Mourning
May 4, 2023	District & TBU Annual General Meeting 2023, Ajax Convention Centre details TBD
May 7, 2023	Steps for Life, 10 am, details TBD
May 11, 2023	PSSP Annual General Meeting 2023, details TBD
May 16, 2023	World Education Support Personnel Day
May 17, 2023	Student Award Night, details TBD
May 18, 2023	OTBU Annual General Meeting 2023, details TBD
June 4, 2023	Durham Pride Parade, details TBD
June 9, 2023	District 13 Golf Tourney @ Lyndebrook Golf Course, details TBD
June 16, 2023	Deceiving Divas, 8 pm, Oshawa Legion, details TBD
June 25, 2023	Toronto Pride Parade, details TBD

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