



Kids' Mental Health through Youth, Family & Community Empowerment  
La santé mentale des enfants par l'habilitation jeunesse, familiale et communautaire

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110 Queen Street, Suite 101 Fredericton NB, E3B 1A5  
506.206.1662 [connect@dotsnb.ca](mailto:connect@dotsnb.ca) [www.dotsnb.ca](http://www.dotsnb.ca)

Dear Parents and Guardians,

During the week of December 1<sup>st</sup> -5<sup>th</sup>, students in elementary and middle school will be participating in an awareness and education campaign for mental health. The Dots for Kids Day—RING A BELL Campaign is a unique opportunity for students to learn about the importance of mental health. The lessons will lead up to a province-wide event on Friday, December 5<sup>th</sup> at 12 noon, when students will be ringing a bell for one minute in support of kids' mental health.

On Friday, December 5<sup>th</sup> please encourage students in kindergarten to grade 5 from your household to bring a bell (or any household item that makes a ringing sound) to school with them---a pot lid and pencil work, too! We hope you will visit the website with your child for more information. [www.dotsnb.ca](http://www.dotsnb.ca)

Thank you for supporting this important initiative.

Maureen Bilerman  
Executive Director  
Dots NB  
506.206.1660

