

# Psych 5 to Thrive

Schools and families share a common goal: ensuring student success.

Psychology staff at Dufferin feel work together with schools and families to promote student achievement, mental health and well-being. Our new PSYCH 5 TO THRIVE initiative offers 5 strategies to help students thrive.



**Problem-solve:** Give your child opportunities to problem-solve—at home, at school, and in the community. Working through problems helps to boost confidence in strengths and abilities.

