

# Mental Health Series



AT HAMILTON-WENTWORTH DISTRICT SCHOOL BOARD WE SEEK TO SUPPORT ALL STUDENTS TO ACHIEVE THEIR FULL POTENTIAL. WE RECOGNIZE THAT UNDIAGNOSED AND UNSUPPORTED MENTAL HEALTH ISSUES CAN BE CRIPPLING FOR YOUNG PEOPLE AND CAN ULTIMATELY AFFECT THEIR CAPACITY TO GO TO SCHOOL, LIVE AT HOME AND MAINTAIN IMPORTANT RELATIONSHIPS. MENTAL HEALTH ISSUES ARE ANOTHER OF THE BIG CHALLENGES THAT TODAY'S YOUTH FACE. THEY ARE EVEN MORE IMPORTANT, BECAUSE ONE WAY OR ANOTHER, THEY SEEM TO AFFECT SO MANY OTHER ISSUES, INCLUDING YOUTH VIOLENCE, RISKY BEHAVIOURS AND POOR SCHOOL PERFORMANCE.

In response to this issue, HWDSB is hosting a Speaker's Series to deepen our understanding so that we can better support our students. These sessions are available to staff, parents and the community at large. Pizza and refreshments available at 6:00 pm. Child Care available on site.

## ■ November 18, 2008 – 6:30 pm to 8:00 pm

### TOPIC: What Depression Looks Like

Dr. Khrista Boylan, Child Psychiatrist, McMaster Children's Hospital & The Offord Centre for Child Studies  
Waterdown Secondary School, 215 Parkside Drive, Waterdown

## ■ March 4, 2009 – 6:30 pm to 8:00 pm

Susan Hess, Past President,  
Parents for Children's Mental Health (PCMH)  
Delta Secondary School, 1284 Main Street East, Hamilton

## ■ May 6, 2009 – 6:30 pm to 8:00 pm

### TOPIC: Understanding and Dealing with Behaviour Problems

Dr. Charles Cunningham, Clinical Director,  
Community Education Service, McMaster Children's Hospital  
Cathy Wever School, 160 Wentworth Avenue North, Hamilton

### REGISTRATION:

Contact Mary Grosvenor at 905.527.5092 ext 2297 or  
e-mail [mary.grosvenor@hwdsb.on.ca](mailto:mary.grosvenor@hwdsb.on.ca)



[www.hwdsb.on.ca](http://www.hwdsb.on.ca)