



Caregiver's Toolkit Webinar

This webinar will help caregivers better understand anxiety and low mood and learn practical strategies and tools to support their child in managing their mental health. The webinar will also introduce caregivers to resources available to them and their children at HWDSB should they require additional mental health support beyond what is provided in the webinar.

Date:

Monday March 3rd, 2025

Time:

6pm to 7:30pm virtually over MS Teams

Registration link:

<https://events.teams.microsoft.com/event/7f9cb3cb-47cf-473b-9ee4-61314e335764@7afeaf6a-b1be-4c83-a974-c43a8b215634>



HWDSB
BE YOU. BE EXCELLENT.