

HWDSB

MENTAL HEALTH & WELL-BEING

4-part series for Parents and Caregivers

Anxiety This session will focus on anxiety in children - what it is and how parents/caregivers can help.

November 19, 2020 6-7:30pm

Please contact Lechapma@hwdsb.on.ca to register

Low Mood This session will focus on understanding and supporting children who are experiencing low mood, including: how to identify signs and symptoms, and what parents/caregivers can do to help.

December 2, 2020 6-7:30pm

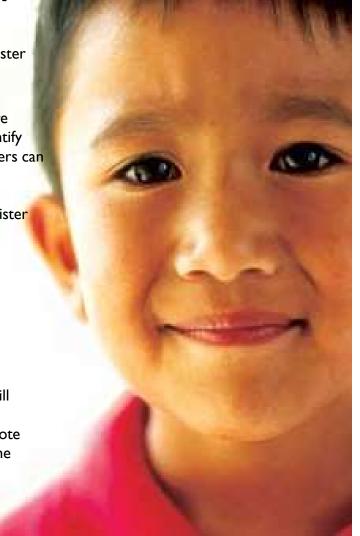
Please contact bnywenin@hwdsb.on.ca to register

ADHD This session will focus on better understanding ADHD and what parents/caregivers can do to support their child. November 25, 2020 5-6:30pm

Please contact shall@hwdsb.on.ca to register

Mentally Healthy Home This session will discuss the importance of early recognition of mental health concerns and factors that promote well-being, as well as strategies that support the mental health and well-being of all children. December 9, 2020 6-7:30pm

Please contact Lemoore@hwdsb.on.ca



curiosity • creativity • possibility