

We Help.

HWDSB

MENTAL HEALTH & WELL-BEING

4-part series for Parents and Caregivers

1 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

2 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

3 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

4 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