

Mental Health & Well-being

Please join us @ Guy Brown School on
January 31 2018 from 6:30pm-8:00pm

Choose from 3 informative workshops
Leave with strategies & ideas to support resilience
and positive well-being

Mood in Children and Teens

Speaker: **David Hoy**

(Manager of Social Work Services & the Mental Health Lead at HWDSB)

*David will also start the evening with a welcome address about
how we can develop resilience in our children/youth

Anxiety

Speaker: **Michelle** (McMaster Health Sciences)

(Emotions in Motion Workshop)



Children & ADHD

Speaker: **Wendy** (Bright Side Initiative)

Child minding available

Please contact Kelly Rizzo (Guy Brown Principal)
to confirm a spot (905) 689-8254