

UNDERSTANDING YOUR & YOUR CHILD'S MENTAL HEALTH

WITH JILL DENNISON

WHEN

**Tuesday
May 14, 2019
6pm – 7pm**

WHERE

Gymnasium

Norwood Park Elementary School

Please enter through the staff parking lot doors

CHILDCARE WILL BE PROVIDED

**Please RSVP to the school with age & number of children
by Friday, May 10**

**JOIN US AS WE EXPLORE AN OVERVIEW OF
MENTAL HEALTH, BUILDING RESILIENCY,
AND RECOGNIZING HOW AND WHEN TO
HELP**



ABOUT THE FACILITATOR

JILL DENNISON

Jill Dennison is the Mental Health Promotion and Resilience Facilitator with the Canadian Mental Health Association, Hamilton. Jill's portfolio includes Mental Health First Aid, of which she is a certified instructor as well as coordinator of the TAMI (Talking About Mental Illness) program, which is a stigma reduction program based in secondary and post-secondary schools. Jill is also trained in safeTALK and is a certified ASIST instructor. She is a graduate of Wilfrid Laurier University and is the mother of 3 amazing young adults.

PRESENTED BY

**Norwood Park School
Council**

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