

We Help.

HWDSB

MENTAL HEALTH & WELL-BEING

4-part series for Parents and Caregivers

1

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.
September 29, 2021 6-7:30pm

2

Anxiety This session will focus on anxiety in children - what it is and how parents/caregivers can help.
October 6, 2021 6-7:30pm

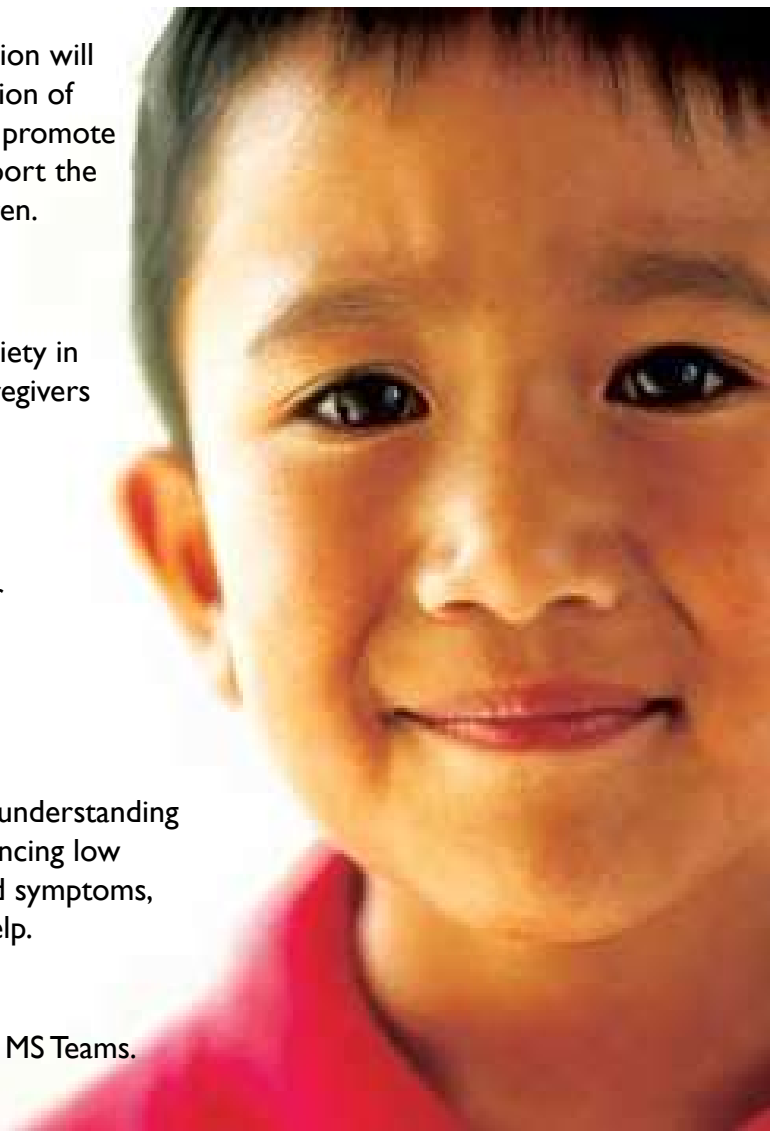
3

ADHD This session will focus on better understanding ADHD and what parents/caregivers can do to support their child.
October 13, 2021 6-7:30pm

4

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.
October 20, 2021 6-7:30pm

The session will be presented virtually via MS Teams.
Contact Laura Chapman to register
lechapma@hwdsb.on.ca



curiosity • creativity • possibility