



# Understand **Youth** Mental Health

Tuesday, **March 16<sup>th</sup>** @ 7:00 pm



*Do we truly understand what our children and youth are experiencing and the challenges they are facing?*

On **Tuesday, March 16 @ 7:00-8:30 pm** Hartman P.S. School Council invites you to a discussion on understanding young people's mental health

We'll spend 1.5 hours hearing from Professional Youth Speakers sharing their personal stories and learn tips on:

- helping your child(ren) to identify **strengths**, assets and resiliency skills
- increased understanding of issues such as the uncertainty of the current times and how to gain a **renewed** sense of **hope**
- creating a **safe space** for your child(ren) to speak
- Q & A session for participant questions



## How to register

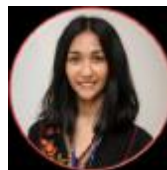


1. Send an email to [Hartman.ps@yrdsb.ca](mailto:Hartman.ps@yrdsb.ca)
2. A virtual zoom meeting link will be shared before the event. Every registrant will receive a **Parent Resource Kit and Tip Sheet** after the event.

## Our Guest Speakers



YouthSpeak Performance Charity is dedicated to youth mental health and well-beings. With 18+ years, they have reached over 300,000 students spanning over 500 schools and community groups throughout Ontario. More information about this organization can be found at <http://youthspeak.ca>



Sumaira



Michael

We hope you can join us!  
Hartman P.S. School Council