



the york centre for children, youth & families

MENTAL HEALTH WEEK

MAY 2017
1-7

THE YORK CENTRE PRESENTS... COFFEE & CONVERSATION

A Series of Workshops ...

In Recognition of *Children's Mental Health Week (May 1 – May 7, 2017)*, The York Centre for Children, Youth & Families is hosting a *Coffee & Conversation* series of workshops for interested community members. All of the workshops are *free of charge*. All you need to [do is register in advance through the eventbrite links listed on the reverse side of this flyer](#). The format of the evenings will be structured, but informal. Each evening will include a presentation, discussion, coffee, and goodies, but not necessarily in that order! Come and join the conversation!

Supported by



RBC
Children's Mental
Health Project



United Way
Toronto & York Region

CHILDREN'S MENTAL
HEALTH WEEK
MAY 1-7, 2017

Workshops Include:

- CHILDREN & YOUTH GAMING ADDICTIONS
- YOUTHSPEAK PERFORMANCE CHARITY
- CONSCIOUS PARENTING
- CHILDREN'S MENTAL HEALTH & THE ROLE OF NUTRITION

*** Please see reverse for more details on how to register and workshop descriptions! ***

THE YORK CENTRE FOR CHILDREN, YOUTH & FAMILIES

11225 Leslie Street
Richmond Hill, Ontario
L4S 1N5
(Just north of Elgin Mills Rd.)

info@theyorkcentre.ca
(905) 737-8927

WORKSHOP DESCRIPTIONS

*** (Use the links listed under each workshop title to register through eventbrite.ca) ***

Monday, May 1, 2017 (6:30 pm - 8:30 pm)

Children & Youth Gaming/Electronics Addictions

<https://gamingaddictionstyc.eventbrite.ca>

Are you worried about the time your child is spending playing video games? Do you wonder how much is "too much"? Gaming addiction has become a current issue for many parents of kids and teens, along with a focus on internet addiction. Join, for an evening discussing internet and gaming addiction, what warning signs to look out for, and what to do and where to turn if you suspect your child is addicted to video games.

Presenter(s): Stephanie Kersta MSc, and Carolyn Plater MSW, RSW

Tuesday, May 2, 2017 (6:30 pm - 8:30 pm)

YouthSpeak Performance Charity

<https://youthspeaktyc.eventbrite.ca>

This session is designed to bring new awareness, understanding and appreciation for the challenges faced by today's youth. Parent and youth speaker(s) with lived experience offer practical exchanges that are eye-opening, real and raw through their personal stories as they travelled the path from pain to wellness. The speaker(s) share tips on how to be helpful to someone who is struggling.

Presenter(s): Una Wright (YouthSpeak Performance Charity Founder, Team Coach)

Wednesday, May 3, 2017 (6:30 pm - 8:30 pm)

Conscious Parenting

<https://consciousparentingtyc.eventbrite.ca>

This interactive and relationally-based workshop will provide parents an opportunity to better understand themselves as parents. They will explore: Why they choose to parent the way they do? Why they are triggered by certain things differently than others and how & why they react to these triggers and their children?

What's more, they will be given simple and useable strategies to be mindful of their parenting with an increased consciousness of their verbal and nonverbal language. The aim here is to help parents enhance their relationship with their child which research has proven aids in the child's ability to manage their emotions better.

Presenter(s): Abner Lico MEd DPE, Dipl-Psych, RP Member, CAPT

Thursday, May 4, 2017 (6:30 pm - 8:30 pm)

Children's Mental Health & The Role of Nutrition

<https://childrennutritiontyc.eventbrite.ca>

As parents, we want our children to: grow and thrive, be active and physically fit, succeed in school, and of course be happy. It is no surprise that a child's nutrition plays a huge role in these outcomes but for children and youth living with mental illness, nutrition becomes an even more significant! Come and join us for a fun and interactive presentation about the latest information regarding the connections between diet and health specifically the connection between a child's diet and their mental health. Specific strategies and meal/snack ideas will be provided.

Presenter(s): Andrea Lombardi, HBA, MBA, BHScPA, CCPA Canadian Certified Physician Assistant and Deanna Lombardi Konecny, BA, MScEd, OCT Ontario Certified Teacher, Nutritional Therapist.