



**YORK HILLS CENTRE FOR CHILDREN, YOUTH  
AND FAMILIES PRESENTS...  
COFFEE AND CONVERSATION. A SERIES OF  
WORKSHOPS OPEN TO ALL OF THE COMMUNITY**

# **CHILDREN'S MENTAL HEALTH WEEK MAY 6- 11, 2019**

***Admission is free of charge***

## **Workshop Topics Include:**

- Working in Partnership with Schools
- Conscious Parenting
- The Importance of Play
- Gaming Addictions
- ADHD
- Anxiety

**Location: 402 Bloomington Road, Aurora, Ontario  
905-773-4323**

**To register for a workshop- please see the  
eventbrite link on the back of this flyer.**

# Workshop Descriptions

## **Monday May 6, 2019 - Working in Partnership with the school board to support child and youth mental health 6:30 - 8:30 PM**

It can be challenging to navigate how to work with your child's school when a young person is experiencing a mental health need. Families and caregivers may have questions about how much or what to share, or what support may be available. At YRDSB we are committed to working with families to support students mental health and well-being each day. This workshop will discuss strategies for working in partnership with your child's school to support their mental health, well-being and school success.

Presenter: Heather Carter, BA, BSW, MSW, RSW

**To register visit:** <https://www.eventbrite.com/e/york-hills-presents-working-in-partnership-with-the-school-board-to-support-child-and-youth-mental-tickets-58675358577>

## **Tuesday May 7, 2019 - Conscious Parenting 6:30 - 8:30 PM**

This workshop will provide parents of adolescents an opportunity to better understand their children and their role as parents. During our time together we will explore questions such as: How do I see myself as a parent? And why do I choose to parent the way I do? We will also look at what our triggers are and our reactions to these triggers. Conscious parenting includes awareness of ourselves as individuals, as parents and of our teenage child. We will look at the developmental period of adolescence and the specific factors that distinguish it from other developmental periods. The aim of the workshop is introduce you to the concept of Conscious Parenting. It is an invitation to become more aware, reflective, understanding and deliberate in the relationship with your child.

Presenter: Abner Lico, MEd DPE, Dipl–Psych, RP Member, CAPT

**To register visit:** <https://www.eventbrite.com/e/york-hills-presents-conscious-parenting-tickets-58855111222>

## **Wednesday May 8, 2019 - Please excuse the mess, we are making memories... the importance of play! 6:30 - 8:30 PM**

Time spent playing with your child is never wasted. This workshop presents that value of play across the lifespan with a focus on why our children need us to play with them and why we need our children to play with us. We will address why children need to play with suggestions of how to make space for play in busy lives. We will address ways to manage technology so that play can happen across different age groups. A combination of discussion, activity and sharing of resources will give participants a toolkit of strategies and ideas for use at home.

Presenter: Janet MacQuarrie, RP, Carolynne Warton, MA, RP

**To register visit:** <https://www.eventbrite.com/e/york-hills-presents-please-excuse-the-mess-we-are-making-memories-the-importance-of-play-tickets-58855540506>

## **Thursday May 9, 2019 -Everything you ever wanted to know about gaming addiction 6:30 - 8:30 PM**

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/caregivers 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: Stephanie Kersta, MSC, RP, and Carolyn Plater MSW, RSW

**To register visit:** <https://www.eventbrite.com/e/york-hills-presents-everything-you-ever-wanted-to-know-about-gaming-addiction-tickets-58856590647>

## **Friday May 10, 2019 - Bringing Your Family Into Focus 6:30 - 8:30 PM**

Being a parent can be the most rewarding and challenging job many adults will have in their lifetime. Most parents want to raise children to be happy, independent and successful but worry that mental health struggles may get in the way. The goal of this workshop is to provide valuable information to support caregivers of children and adolescents who experience challenges with focusing attention and managing impulsivity. Topics will include: understanding attentional problems, understanding how the brain comes into play, discovering family strengths and resources, coping strategies for caregivers and school based strategies for success.

Presenter: Shannon Freud, MSW, RSW and Stephanie DMello M.A, CP, RP (Qualifying), C.C.C.

**To register visit :** <https://www.eventbrite.com/e/york-hills-presents-bringing-your-family-into-focus-tickets-58857291744>

**York Hills Centre for Children, Youth and Families presents:  
Parenting your Anxious Child**

**What does anxiety look like in  
children and youth?  
Join the conversation to learn about:**

**The cycle of anxiety**

**Signs and symptoms of anxious  
children/youth**

**Helpful strategies that  
parents/caregivers can use to  
support their child and more...**

**Presenters:  
Jennifer Scott, RSSW, Psychotherapist and  
Beverly Hilton, MSW, RSW**

**Location: Our Lady of the Lake Catholic College School  
185 Glenwoods Ave, Keswick Ontario, L4P 2W6**

**Part 1: Tuesday May 7, 2019**

**Part 2: Wednesday May 8, 2019**

**Time: 6:30 p.m.- 9:00 PM**

**To Register for both part 1 and part 2 through the Eventbrite**

**Part 1 - <https://www.eventbrite.ca/e/york-hills-presents-parenting-your-anxious-child-part-1-tickets-59324101986>**

**Part 2 - <https://www.eventbrite.com/e/york-hills-presents-parenting-your-anxious-child-part-2-tickets-59326642585>**