

The Adrienne Clarkson School Council presents...

You Can't Give What You Don't Have: How Taking Care of Ourselves, in Turn Supports Our Children's Mental Health

Presenter: Patricia Marra-Stapleton

*Mental Health & Well-Being Lead for the York Region District
School Board*

Tuesday, April 16, 2019

Adrienne Clarkson P.S.

7:00 pm -8:00 pm

This presentation will outline 4 basic principles that support parent mental health and resilience: Balance, Stillness, Sleep, and Relationships. Parents are their child's first teacher in so many ways. By modeling a practice of taking care of their selves, parents can demonstrate the importance of mental health to their children. Information, video and discussion will be utilized in this thought-provoking workshop.

This presentation is interactive and incorporates information from research and evidence that supports parental resilience. The Workshop incorporates Parent discussion of the concepts (Balance, Stillness, Sleep, and relationships) as well as the sharing of everyday practices that parents can use to bolster their own mental health and support the mental health of their children.

Refreshments will be provided

Please note that limited babysitting for school-aged children will be available.

Please R.S.V.P. by April 10, 2019 at <https://goo.gl/forms/TwA3Q0abXMsMd7LL2>

