



**The York Centre for Children, Youth & Families Presents:  
A Coffee & Conversation Workshop Series  
May 4-7, 2015**

To celebrate *Children's Mental Health Week*, The York Centre for Children, Youth & Families is hosting a *Coffee & Conversation Series* of workshops for interested parents and other community members. The workshops are *free* of charge, but you **do need to register in advance for each workshop you would like to attend.** The format of the evenings will be structured, but informal. Each evening will include a presentation, discussion, coffee, and goodies, not necessarily in that order!

**Place:** The York Centre for Children, Youth & Families  
11225 Leslie Street, Richmond Hill (Elgin Mills & Leslie)

**Phone:** 905-887-5896  
**Email:** [info@theyorkcentre.ca](mailto:info@theyorkcentre.ca)

**\*\*\*TO REGISTER**, please go online to the Eventbrite website using the link listed below each topic. Choose one only for each evening\*\*\*

**Monday, May 4: 6:30 - 8:00p.m.**

***The Use of Mindfulness and Mental Health***

<http://theuseofmindfulnessandmentalhealth.eventbrite.com>

**Presenter:** *Sheri Van Dijk, MSW, RSW  
Psychotherapist & Author*

***"A Different Way of Learning": Understanding and Accommodating The Unique Learning Styles of Individuals with Autism Spectrum Disorder***

<http://adifferentwayoflearning.eventbrite.ca>

**Presenter:** *Neil Walker, BSW,  
COMPASS Manager;  
Project Manager,  
York-ASD Partnership*

***Rubber Band Kids: Raising Resilient Children***

<http://raisingresilientchildren.eventbrite.ca>

**Presenter:** *Lettie Hall, M.Ed., OCT  
YRDSB & The York Centre*

**Tuesday, May 5: 6:30 - 8:30pm**

***Parenting Your Anxious Child***

<http://parentingyouranxiouschild.eventbrite.ca>

**Presenter:** *Jennifer Scott, SSW  
The York Centre*

**Wednesday, May 6: 6:30 - 8:30pm**

***Early Referrals – Why They Make All The Difference for Children with Communication and Language Delays***

<http://why-early-referrals-for-language-communication.eventbrite.ca>

**Presenter:** *Marlene Green M.A., SPT  
York Region Preschool Speech & Lang.  
Markham Stouffville Hospital*

***Anxiety and Autism: A Kerry's Place Group Learning Session***

<http://autismandanxiety.eventbrite.ca>

**Presenter:** *Michael Morris B.A., B.Ed., OCT  
Autism Associate, Kerry's Place*

**Thursday, May 7: 6:30 - 9:30pm**

***safeTALK training***

<http://safetalktraining.eventbrite.ca>

**Presenter:** *Michelle Cassidy,  
Mental Health Lead, YRDSB*

***Youth Led Engagement***

<http://youthledengagement.eventbrite.ca>

**Presenter:** *Jaana Lempinen, CYW  
The York Centre*

*Workshop Descriptions on reverse side.*

**Supported BY**



RBC  
Children's Mental  
Health Project

## WORKSHOP DESCRIPTIONS

### Monday, May 4 (choose one)

***The Use of Mindfulness and Mental Health:*** In recent decades, researchers have been learning that Mindfulness helps us live healthier lives, by reducing emotional problems such as depression, anxiety, and anger; improving sleep, concentration, memory, and immune system function; and helping us to be more effective in the relationships in our lives. In this workshop you will learn practical exercises, what Mindfulness is, and how it can help us with depression, anxiety, anger, chronic pain, low self-esteem, post-traumatic stress disorder, and other emotional difficulties. We will also learn how the way we think can increase our suffering and what we can do to reduce your emotional pain. *This workshop is geared towards adults and teens 16+.*

***"A Different Way of Learning"; Understanding and Accommodating the Unique Learning Styles of Individuals with Autism Spectrum Disorder:*** This workshop will highlight the learning strengths and weaknesses experienced by students with Autism Spectrum Disorder. Participants will learn about support strategies that accommodate learning needs and reduce anxiety for individuals on the Autism Spectrum. *This workshop is suitable for parents, teachers, and classroom support staff.*

***Rubber Band Kids; Raising Resilient Children:*** One of the most important tasks of parenthood is helping children learn to deal with their emotions. This seminar will help you raise your child with the ability to bounce back when stretched by stressors. You'll learn six key building blocks for becoming emotionally resilient which will help you to help your child to cope with day-to-day stresses and major life events. *This workshop is suitable for parents of children ages 0-12.*

### Tuesday, May 5

***Parenting Your Anxious Child:*** What does a child who is anxious look like and sound like? Come and learn about the cycle of anxiety and the signs and symptoms that anxious children present. There are things you can do and things you perhaps shouldn't do. You'll learn helpful strategies that parents can use. *This workshop is geared to parents and caregivers of kids of all ages.*

### Wednesday, May 6 (choose one)

***Early Referrals – Why They Make All The Difference for Children with Communication and Language Delays:*** This interactive talk will discuss how to identify communication and other language delays. Participants will also learn how to make referrals to York Region Preschool Speech and Language Program and York Region Early Intervention Services using E.R.I.K. referral kit. The importance of Early Intervention and Identification will be a key topic in this workshop. There will be opportunities to discuss how sensitive information is shared between agencies and to answer any questions from the audience. *This workshop is geared towards parents and caregivers, teachers, Early Childhood Educators, and/or support staff who interact with children ages 0-6.*

***Anxiety & Autism (ASD) – Group Learning Session:*** One of the most commonly cited concerns we hear about day to day is the anxiety that people with Autism face day-to-day. This Group Learning Session (GLS) has been designed to help you recognize signs of Anxiety and learn what you can do about it. Come to learn more and be empowered on how to help your son/daughter/self gain a sense of self control over life again! *This workshop is open to parents and caregivers who have children that have been diagnosed with Autism Spectrum Disorder who are also experiencing anxiety.*

### Thursday, May 7 (choose one)

***safeTALK Training:*** safeTalk is a training that prepares you to identify persons with thoughts of suicide and connect them to suicide first aid resources. Most people with thoughts of suicide invite help to stay safe. Alert helpers know how to use these opportunities to support that desire for safety. As a safeTALK-trained suicide alert helper, you will be better able to: move beyond common tendencies to miss, dismiss or avoid suicide; identify people who have thoughts of suicide; apply the TALK steps (*Tell, Ask, Listen and KeepSafe*) to connect a person with suicide thoughts to suicide first aid, and intervention caregivers. Powerful video clips illustrate both non-alert and alert responses. Discussion and practice help stimulate learning; Learning steps that contribute to saving lives. ***This workshop is three hours in length.***

***Youth Led Engagement:*** This youth lead workshop will encompass an open and judgment free forum for youth who would like to have the opportunity to engage in positive conversations with their peers (with Child and Youth Worker Support and Guidance) about youth-related important topics. Most importantly, there is FREE PIZZA! So come and join us for an evening of pizza and conversation. *This workshop is geared towards youth ages 13-18 years old.*