



Children's Mental Health Awareness Week (CMHAW)



MAY 5TH-9TH

2025

Children's Mental Health Awareness Week (CMHAW) is the first full week in May. CMHAW is a great opportunity to build your knowledge about mental health related topics and reduce stigma around the topic of mental health. The YRDSB Central Mental Health Team invites parents/caregivers to participate in CMHAW through the parent/caregiver toolkit and presentations below:

ANYTIME

YRDSB Central Mental Health Team's on-demand LAMPS Presentation for Parents/Caregivers on:
[Social Media and Mental Health](#)



**MAY 8TH
2025**

6:00PM-7:00PM

Parent/Caregiver Presentation by Dr. Gillian White:
[Turning Stress into Success](#)
(Limited Space Available)



ANYTIME

For mental health related resources, and access to other on-demand presentations, check out the YRDSB Central Mental Health Team's
[Toolkit for Parents/Caregivers](#)



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@MH_YRDSB



www.yrdsb.ca/mentalhealth