



Woodland Public School

120 Royal Orchard Boulevard Thornhill, Ontario
L3T 3C9 Tel: (905) 889-4910 Fax: (905) 889-6287
Mme Tonya Vokey-Young, Principal



March 29, 2018

Good afternoon Woodland Families,

On April 12, 2018 at 7:00 p.m. Woodland School Council would like to invite you to an evening funded by the PRO (Parent Reaching Out) grant. We are hosting two guest speakers to address the topic of anxiety.

- Parents are invited to attend this presentation free of charge. Please RSVP to woodland.ps@yrdsb.ca or call 905 889 4910 by April 10, 2018.
- If you require child-minding, please indicate your child's name and age when you register to attend.



Dr. Silvia Bernardini is a registered Clinical Child and Adolescent Psychologist. She obtained her doctorate degree from the University of Toronto in 2005 and received dual registration as a Clinical Child and Adolescent Psychologist and School Psychologist from the College of Psychologists of Ontario in 2007. She has worked extensively in both hospital and school settings throughout the years with children and their families who experience a range of psychological and learning difficulties. Dr. Bernardini is a founding partner of the Clinical Psychology Centre, a private practice in Thornhill. At the centre, she focuses her work on children and adolescents who experience distress and limited functioning due to anxiety, depression, and learning challenges. She assumes a Cognitive-Behavioural Therapy and Family approach to helping children and families develop lifelong skills to manage their difficulties. Her research interests are vast but are mainly focused on parenting and family processes that contribute to child psychopathology. She is also actively involved in disseminating knowledge to the community through workshops and lectures to parents and teachers.



Dr. Sandra Mendlowitz is a founding partner of the Clinical Psychology Centre. She is a Registered Psychologist with the College of Psychologists of Ontario and an Assistant Professor in the Department of Child Psychiatry at the University of Toronto. She has an extensive clinical and research background in the area of anxiety disorders. Her clinical focus is in Anxiety and Mood Disorders with a particular focus on Obsessive-Compulsive Disorder and Selective Mutism. Dr. Mendlowitz has authored several Cognitive-Behavioural Therapy treatment manuals for Anxiety and Mood Disorders. In addition, she continues to train and supervise other mental health professionals and to engage in disseminating knowledge at various international conferences.