

PARENT PRESENTATION
CARRYING THE LOAD: YOUTH MENTAL HEALTH
For parents of children from birth to teens

Let's Talk About It!

Increase your mental health literacy, skills and knowledge to recognize the signs and symptoms of mental health and learn about appropriate resources.

Join us to share, learn and build a school culture where mental health and well-being is valued and promoted.

To register or for further information contact:

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Parents, Grandparents and Caregivers are invited to attend!

Topic: Carrying the Load: Youth Mental Health

This session will focus on mental health during the teenage years. Parents will explore possible signs of mental health concerns using the mental health continuum model for recognizing and achieving mental health balance.

Location: Brownridge Public School

Date: Thursday, May 16, 2019.

Time: 6:30 p.m. – 8:00 p.m.

Facilitator: Uma Bhatt,
York Hills Centre for Children, Youth and Family

Child care will be available

This free Parent Presentation is brought to you by Brownridge Public School in partnership with York Hills Children, Youth and Family Centre and York Region District School Board.

