

Mental Health and Well-Being Belongs to Us!

Parents as Partners – Taking Action Together



WORKSHOPS

Exercise To Success (Rich Filler, TDSB Social Worker and Emery Collegiate Institute & Thistletown Collegiate Institute Students)

- The “Exercise To Success” workshop will be interactive in nature, including light physical exercise and discussion related to how the “Exercise To Success” program helps to build positive relationships and a sense of community amongst participants. Students from both Thistletown Collegiate Institute and Emery Collegiate Institute, where the program currently runs, will help facilitate the workshop, giving added insight into how the program works at their respective schools.

Social Media for Success and Safety (Constable Scott Mills, Toronto Police Services Media Officer)

- This workshop will provide an overview of where youth are at regarding social media. Particular attention will be focused on what to do if someone posts suicidal thoughts on social media and “Privacy Settings”.

Psychiatric Medications and Its Effect on Youth (Samim Hasham, Pharmacist, Prince Dumant, Mental Health and Addictions Nurse and Jordan Chu, Mental Health and Addictions Nurse)

- This workshop will provide an opportunity for discussion on the various groups of psychiatric medications and their effect on students’ well-being and academic functioning.

Doing Well in School and in Life! (Lynda Thomas, Toronto Public Health Liaison Public Health Nurse and Oma Boodoo, Toronto Public Health Liaison Public Health Nurse)

- This interactive workshop will address the importance of building resiliency in children and youth; helping them to learn from mistakes and bounce back from life’s challenges. This workshop will engage parents and guardians in discussions about what they can do to help children and youth deal with life’s stresses and become strong, responsible individuals.

An Introduction to Mindful Parenting (Chris Freypons, TDSB Social Worker)

- This workshop will explore some key elements of mindfulness and parenting. It will provide a guided mindfulness experience and share ideas about how to practice mindfulness in our daily parenting. Taking up mindfulness practice ourselves is a way of strengthening what we are already doing well as parents and helps us to be more tuned in and skillful in the face of stress and challenges which is good for both parents and children.

Kids Have Stress Too! (Nancy Graham, Toronto Public Health Public Health Nurse)

- The “Kids Have Stress Too!” (KHST) program is a highly interactive series of three workshops for parents and guardians of children ages 4 to 9 years of age, which schools can request through Toronto Public Health. This one-hour workshop will provide an overview of the principles and tools of the KHST program.

WORKSHOPS

Access & Walk-In Counselling Clinics (David O'Brien, East Metro Youth Services Clinical Services Supervisor)

- Over the last five years walk-in clinics for counselling support have emerged as a barrier free, accessible way of service delivery. In Toronto, walk-in clinics have reduced wait times for long-term service and provided in the moment support for children, youth and families in crisis. Across the city there are various forms of the service. During the workshop we will discuss what a typical walk-in counselling session is like; locations of the clinics; success stories; and the impact brief therapy can have on participants.

Understanding Anxiety (Marla Battiston, TDSB Social Worker)

- This workshop will provide parents with an understanding of the physical, social, emotional and cognitive signs of anxiety, to better recognize indicators of anxiety in their children and gain some ideas about how to support their children.

Bibliotherapy: The Use of Books to Help Children and Youth Express Their Feelings and Cope With Real-Life Experiences (Iolanda Scarcello, TDSB Social Worker)

- Bibliotherapy has been shown to be an effective way to help children and youth realize that they are not alone in their experiences; that they have the ability to find solutions to challenges; and that they are important, no matter what is happening in their lives. This workshop will highlight the benefits of bibliotherapy, drawing on the presenter's many years of experience as a school social worker. Books on a range of topics will be featured to help parents begin a conversation with their child/ren on an issue which may be impacting their lives. What to consider when choosing a book, suggestions for engaging a child in a discussion and identifying whether additional support would be beneficial will also be covered. The workshop will be followed by an interactive session which includes a book display, resource list and sharing ideas.

Executive Functioning: What Every Parent Needs to Know (Kristina Kampe, TDSB Psychologist and Cynthia McCall, TDSB Psychologist)

- This workshop will introduce you to the importance of Executive Functioning for learning and well-being. Among other things, you will learn why you shouldn't say, "You did so well, you must be smart," how play can really help kids of any age learn, what happens in your child's brain during a meltdown and how mindfulness strategies can help.

Love Makes a Family: LGBTQ Youth, Parents and Mental Health! (Ilana David, TDSB Social Worker and Andrea Joyce, TDSB Social Worker)

- It can be hard for anyone to talk about mental health concerns and when youth are already facing stigma for being lesbian, gay, bisexual and/or trans, that sometimes can make it harder. Unfortunately, too many LGBTQ youth face multiple barriers that increase their chances of experiencing mental health issues such as depression and anxiety. Having support from parents and family is essential in combating stigma and addressing and overcoming mental health concerns for anyone, particularly for LGBTQ youth. Come and learn about the unique issues LGBTQ youth may face and what you - as parents and guardians - can do to support them.

Helping Parents to Understand Teen Self-Injury (Dr. Amy Cheung, Sunnybrook Health Sciences Centre Adolescent Psychiatrist) (WORKSHOP AVAILABLE IN AFTERNOON ONLY)

- This workshop will focus on helping parents gain understanding about why a teen might engage in self-harm (also known as non-suicidal self-injurious behaviour) and what they can do to support their teen if they are self-harming.