



Parent Night 2017

WellNss-Mental Health Matters

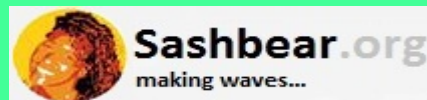
Presents

How to talk with your Teenagers about how they're managing

***Accessing help and ways in which stress/anxiety are impacting
their kids and what they can do to help support them***

Where: **Northern Secondary School Library**
851 Mount Pleasant Road, Toronto

When: **Wednesday, January 25th, 2017-7pm**



***Dr. Rachel Mitchell is a child and youth psychiatrist at the Centre for Youth
Bipolar Disorder and the Youth Division at Sunnybrook Health Sciences Centre,
an Assistant Professor at the University of Toronto and an Associate Scientist at
the Sunnybrook Research Institute.***

***Dr. Nour Khatib, Chief Resident of Family Practice, Sunnybrook Health Sciences
Centre***

***Sheryl Trachter is a clinical social worker in Toronto who specializes in
Dialectical Behavioural Therapy (DBT) for family members and individuals
struggling with extreme emotional dysregulation-Sashbear***

***Rosanna Rupport – Sashbear
Mike Menu –Sashbear Co-Founder***

Please RSVP in advance to: Judy.Forgione @tdsb.on.ca