Please see some information as they pertain to the work performed by the AYJ Parent Council!

**1. AYJ Parent Council Community Engagement Evening**

**Tuesday, March 5th -** 6:00 to 8:00pm in the AYJ Library **\*\*ALL Parents are welcome!**

Details regarding this year’s Engagement Evening were confirmed at our February 4th Council Meeting and registration information follows below.

Please hold this evening in your calendars!

**Adolescent Mental Health: What Parents Need to Know and How They Can Help**

The **AY Jackson Parent Council** is pleased to invite **ALL AYJ families and community members** to learn more about **Adolescent Mental Health** with our special guest **Dr. Laurel Johnson, Child and Adolescent Clinical Psychologist** from **Kinark Child and Family Services.**

Registration link:

[https://ayjparentengagementevening-adolescent-mentalhealth.eventbrite.ca](http://track.spe.schoolmessenger.com/f/a/UJ1kANr20SeykNN4Mm-jaQ~~/AAAAAQA~/RgReVXXeP0RIaHR0cHM6Ly9heWpwYXJlbnRlbmdhZ2VtZW50ZXZlbmluZy1hZG9sZXNjZW50LW1lbnRhbGhlYWx0aC5ldmVudGJyaXRlLmNhVwdzY2hvb2xtQgoAAF5CdFx3BhRLUhdncmFjZS50cm90dGFAdGRzYi5vbi5jYVgEAAAAAg~~)

Date: **Tuesday, March 5th**

Location: **AY Jackson SS**, 50 Francine Dr., North York, ON

Time: **6:00pm to 8:00pm**

This presentation on **Adolescent Mental Health** related to youth will cover information about the common mental health concerns in adolescents is provided, including how to recognize when help may be required and what parents can do to support their children.

**About Our Speaker: Dr. Laurel Johnson**

**Dr. Laurel Johnson** is a registered Clinical Psychologist specializing in assessment and intervention with children, adolescents, and their families. She completed her Doctorate in Developmental Clinical Psychology at the University of Guelph. In addition to her private practice, she is also currently the Clinical Director and Chief Psychologist at Kinark Child and Family Services, the largest children's mental health provider in Ontario. Within her role at Kinark, she oversees all clinical practices within the Child and Youth Mental Health program. She also educates, trains, and supervises clinicians in the practice of Dialectical Behaviour Therapy, Cognitive Behavioural Therapy, Behavioural Therapy, as well as adjunct therapies and interventions. She applies all these approaches directly to her private clinical practice, taking a flexible and evidence-based approach, where she selects the most appropriate and effective intervention to fit each client’s individual needs and concerns.

​

As a private practitioner, Dr. Johnson works collaboratively with children and adolescents and with parents and children together to support and facilitate improved mental health, functioning, and relationships. Her clinical expertise includes psychoeducational (i.e., learning disability and gifted) and psychodiagnostic assessments, as well as consultation and intervention related to behavioural concerns, social and emotional difficulties, parenting, anger management, depression, anxiety, and trauma.

​

Dr. Johnson has experience with complex children’s mental health needs in community, forensic, and hospital settings, previously working at Syl Apps Youth Centre, a secure treatment, custody, and detention facility for young people, and the Centre for Addiction and Mental Health in their Child, Youth, and Family Program. She has also taught graduate-level courses for Ryerson University in the Psychology Department, in addition to providing supervision to multiple psychology graduate students, interns, and psychologists in supervised practice, an activity she continues. Dr. Johnson is an accredited member of the College of Psychologists of Ontario (registration #4400) and the Canadian Psychological Association.

* Learning Disability Assessments
* Gifted Assessments
* Psychodiagnostic Assessments
* Depression
* Anxiety
* Obsessive Compulsive Disorder (OCD)
* Phobias
* Behavioural Concerns
* Parenting
* Relationship Difficulties
* Anger Management
* Difficulties with Self-Esteem
* Trauma
* Stress Management
* Attention Deficit Hyperactivity Disorder (ADHD)
* Other Issues

For more information visit Dr. Johnson's website at:

[https://www.drlaureljohnson.com/about-me](http://track.spe.schoolmessenger.com/f/a/wk1lmWMg8PE5knUOhx0bcA~~/AAAAAQA~/RgReVXXeP0QoaHR0cHM6Ly93d3cuZHJsYXVyZWxqb2huc29uLmNvbS9hYm91dC1tZVcHc2Nob29sbUIKAABeQnRcdwYUS1IXZ3JhY2UudHJvdHRhQHRkc2Iub24uY2FYBAAAAAI~)

To Pre-Register, please click on the **GREEN REGISTER** button on the right.

Hope to see you there!

**2.  School Council Webinars**

The Parent and Community Engagement Office is offering three webinars for school councils regarding understanding the basics of school councils, bylaws and school council effectiveness. The webinars will take place on the dates and times below.  All webinars will be available via YouTube.

**Links are below but do not go live until the date listed**.

**Thursday, February 28, 2019, 7:00 p.m**.: **Basics of School Councils**

[http://youtu.be/7CJ9OK8PwWk](http://track.spe.schoolmessenger.com/f/a/4qVpV1-g9fgB8-GoP4uH9A~~/AAAAAQA~/RgReVXXeP0QbaHR0cDovL3lvdXR1LmJlLzdDSjlPSzhQd1drVwdzY2hvb2xtQgoAAF5CdFx3BhRLUhdncmFjZS50cm90dGFAdGRzYi5vbi5jYVgEAAAAAg~~)

Whether you are new to School Council, or looking for a refresher course, this webinar will help you. We explore the basics of Regulation 612 (governing school councils), elections, funding and budgets. It’s never too late to go back to the beginning.

**Tuesday, March 26, 2019, 7:00 p.m**.: **School Council** **Bylaws**

[http://youtu.be/HdKeeFxklzs](http://track.spe.schoolmessenger.com/f/a/Uz9FUZsz6cApw-cybc7Slg~~/AAAAAQA~/RgReVXXeP0QbaHR0cDovL3lvdXR1LmJlL0hkS2VlRnhrbHpzVwdzY2hvb2xtQgoAAF5CdFx3BhRLUhdncmFjZS50cm90dGFAdGRzYi5vbi5jYVgEAAAAAg~~)

One can’t hope to have an effective School Council without a firm foundation. This webinar will take participants through the need-to-know of writing School Council Bylaws. Whether you’re looking to update your current document or to write a new one, this workshop will keep you focused on what’s important - and how to get there.

**Wednesday, April 10, 2019, 7:00 p.m.:** **School Council Effectiveness**

[http://youtu.be/LGMxJGulPQk](http://track.spe.schoolmessenger.com/f/a/RN6_ildB_ouz7wZyp1MXVw~~/AAAAAQA~/RgReVXXeP0QbaHR0cDovL3lvdXR1LmJlL0xHTXhKR3VsUFFrVwdzY2hvb2xtQgoAAF5CdFx3BhRLUhdncmFjZS50cm90dGFAdGRzYi5vbi5jYVgEAAAAAg~~)

School Councils are most successful at engaging their families when they work effectively. This webinar examines how communication, committees and volunteers will connect with your community.

For more information, please contact Michelle Munroe at 416-397-3529 or [michelle.munroe@tdsb.on.ca](mailto:michelle.munroe@tdsb.on.ca)