

SHARING OF EXCELLENCE

PARENTS AS PARTNERS 2015 – 2016

Parenting Resilient Children and Youth: Promoting Positive Mental Health



Keynote Speaker: Ann Douglas
Back by popular demand with a new presentation

Keynote Address: "Big Picture Parenting"

Parenting author Ann Douglas will discuss the advantages of taking a big-picture approach to parenting. Ann will share the importance of tuning into your child's needs, being mindful of your parenting decisions, building relationships with other parents, and practicing self-care. Expect a compelling mix of practical advice and lively anecdotes from this popular and engaging speaker.

Following the keynote address select one of eight workshops offered by Durham Catholic District School Board Student Services staff and community partners on topics including:

- Helping Your Child Build a Healthy Body Image and Self-Concept
- Social Media and Parenting
- Connecting Infant Mental Health to Long Term Development
- Parenting Resilient Children and Teens
- Mindful Parenting
- Connecting Children with Nature
- You're Not Alone: Seeking Help and Finding Support
- Substance Use and Mental Health



When: Thursday, February 25, 2016 at 6 - 9 p.m.

Doors open: 5:15 p.m. for registration and networking.

Community displays, refreshments and door prizes throughout the evening.

Where: All Saints Catholic Secondary School, 3001 Country Lane, Whitby.

Advance Registration Required: dcdsbmentalhealth.eventbrite.ca

Parents and community members are welcome to attend this **free** event. Funding graciously provided by our Special Education Advisory Committee (SEAC) Parent Reaching Out grant.

