



the york centre for children, youth & families

## Children's Mental Health Week 2018

May 7th - 13th

#KidsCantWait

# THE YORK CENTRE PRESENTS... COFFEE & CONVERSATION

## A Series of Workshops ...

In Recognition of *Children's Mental Health Week (May 7 – May 11, 2018)*, The York Centre for Children, Youth and Families is hosting a *Coffee & Conversation* series of workshops for interested community members. All of the workshops are *free* of charge. [All you need to do is register in advance through the Eventbrite links listed on the reverse side of this flyer.](#) The format of the evenings will be structured, but informal. Each evening will include a presentation, discussion, coffee, and goodies, but not necessarily in that order! Come and join the conversation!

Supported by



RBC  
Children's Mental  
Health Project



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**CHILDREN'S MENTAL  
HEALTH WEEK  
MAY 7 -11, 2018**

### Workshops Include:

- **YOUTH & ADDICTIONS**
- **CONSCIOUS PARENTING**
- **SAFETALK- TRAINING**
- **KEEPING KIDS SAFE IN THE REAL & VIRTUAL WORLDS**

\*\*\* Please see reverse for more details on how to register and workshop descriptions! \*\*\*

## THE YORK CENTRE FOR CHILDREN, YOUTH & FAMILIES

11225 Leslie Street  
Richmond Hill, Ontario  
L4S 1N5  
(Just north of Elgin Mills Rd.)

info@theyorkcentre.ca  
(905) 737-8927

## WORKSHOP DESCRIPTIONS

\*\*\* (Use the links listed under each workshop title to register through Eventbrite.ca) \*\*\*

Monday, May 7, 2018 (6:00 pm - 8:30 pm)

### Youth & Technology Addictions

Eventbrite Link: <https://tycyouthaddictions.eventbrite.ca>

The presentation will feature information about the primary signs of addiction, what addiction is, addiction in video games and technology, communication techniques, information regarding areas where parents can have a positive influence on their youth and a question and answer segment. *Presenter: Lyle Petersen has a Masters of Social Work, and currently works for Addiction Services York Region on the Family and Youth Team.*

Tuesday, May 8, 2018 (6:30 pm - 8:30 pm)

### KEEPING KIDS SAFE IN THE REAL & VIRTUAL WORLDS

Eventbrite Link: <https://tyckeeppingkidssafe.eventbrite.ca>

As parents and caregivers we want to do the best we can to ensure that our children are happy and safe. This workshop is for everyone who is interested in learning the concepts of helping to keep children and youth safe from harm, both offline and online. Keeping in mind the developmental stage of the child, participants will be introduced to practical tips and strategies to talk to children and youth about personal safety.

*Presenter: Pearl Rimer, Director of Research & Training, Boost Child & Youth Advocacy Centre*

Wednesday, May 9, 2018 (6:00 pm - 9:00 pm)

### safeTALK Training

Eventbrite Link: <https://tycsafetalk.eventbrite.ca>

safeTALK is a training that prepares you to identify persons with thoughts of suicide and connect them to suicide first aid resources. Most people with thoughts of suicide invite help to stay safe. Alert helpers know how to use these opportunities to support that desire for safety. As safeTALK-trained suicide alert helper, you will be better able to: move beyond common tendencies to miss, dismiss or avoid suicide; identify people who have thoughts of suicide; apply the TALK steps (Tell, Ask, Listen and KeepSafe) to connect a person with suicide thoughts to suicide first aid, and intervention caregivers. Powerful video clips illustrate both non-alert and alert responses. Discussion and practice help stimulate learning; learning steps that contribute to saving lives. *This workshop is three hours in length.* *Presenter(s): Michelle Cassidy, Mental Health Lead, YRDSB.*

Thursday, May 10, 2018 (6:30 pm - 8:30 pm)

### Conscious Parenting

Eventbrite Link: <https://tyconsciousparenting.eventbrite.ca>

This workshop will provide parents of adolescents an opportunity to better understand their children and their role as parents. During our time together we will explore questions such as: How do I see myself as a parent? And why do I choose to parent the way I do? We will also look at what our triggers are and our reactions to these triggers. Conscious parenting includes awareness of ourselves as individuals, as parents and of our teenage child. We will look at the developmental period of adolescence and the specific factors that distinguish it from other developmental periods. The aim of the workshop is introduce you to the concept of Conscious Parenting. It is an invitation to become more aware, reflective, understanding and deliberate in the relationship with your child.

*Presenter: Abner Lico, MEd DPE, Dipl-Psych, RP Member, CAPT*