

The Lighter Side of **MENTAL HEALTH**

Helpful Information on supporting your child's mental health heading into summer and beyond – with Ian Brown of *Ian Speaks*

Wednesday June 12, 2024 • 7:00pm-8:30pm

Supporting your child's mental health at home can help them to build trust, confidence, and resilience. Infused with humor and practical applications Ian explores the foundations of mental health for students and teaches techniques and language to help you engage in crucial conversations with your child.

Don't miss out! Register today for this informative virtual* session.

A time for Q&A will be reserved at the end of the session. If you have questions about Mental Health be sure to ask them when registering.

**A viewing link will be provided after registering.*

Learn about...

- Social Emotional Learning connections
- The difference between Mental Health and Mental Illness
- How to talk to children about Mental Health
- How to access supports in your child's school
- Being aware of your own Mental Health

