



SHH...
...IT'S MENTAL HEALTH



CHILDREN'S MENTAL HEALTH WEEK STARTS HERE

One in five Canadian children have a treatable mental health issue. The stigma forces many to suffer in silence. Join us May 5-8 as we talk about mental health and break the silence.


CHILD AND YOUTH MENTAL HEALTH SERVICE EXPO


Monday May 5, 3:30-6:30pm, Kitchener City Hall Rotunda, 200 King St W, Kitchener


Waterloo Region has many programs and services for children and teens struggling with their mental health. Learn more about mental health and how you can support loved ones as more than 15 local agencies offer displays and information to increase awareness, decrease stigma and provide help.

SHH... IT'S MENTAL HEALTH SPEAKERS' SERIES

May 6-8, 7:00-8:30pm, The Family Centre, 65 Hanson Ave, Kitchener

 *Social Media Impacts our Teenagers* – Tuesday May 6
The rise in negative social media behaviour (e.g. cyberbullying, "sexting") can have a devastating impact on our teens. Lutherwood and Waterloo Regional Police Service present information about social media, the law, and how you can monitor and minimize its impact on your teen. – Cst Jennifer Priebe, WRPS and Sandy Zinger, Lutherwood.

 *Teen Suicide and Self-Harming Behaviour* – Wednesday May 7
Teenagers face intense, painful and sometimes overwhelming emotions that can lead to self-harming and suicidal thoughts and behaviours. Waterloo Region Suicide Prevention Council will help participants understand the differences and learn how they can address these challenges. – Hendrike Isert-Bender, Interfaith Community Counselling Centre.

 *Managing Anxiety in Children and Teens* – Thursday May 8
Anxiety is one of the most common mental health difficulties in children and teens. Learn about anxiety, how to identify it, and effective strategies to help caregivers and youth manage it. – Karen Macleod PhD, Cynthia Miller and Kevin Doving, Lutherwood.

Free Admission | For more information, visit www.lutherwood.ca or call 519-884-1470.



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