

FREE PARENTING WORKSHOP

for parents of TEENS

PLACE: THE HINCKS-DELLCREST CENTRE
114 Maitland Street

DATE : WEDNESDAY May 17th, 2017

TIME : 6:00 - 7:30 PM

TALKING WITH YOUR TEEN ABOUT SUICIDE AND SELF HARM



This workshop will focus on how caregivers can talk openly with their teens about suicide and self-harm. We will review various common signs that a teenager is having thoughts about suicide, and possible reasons why teenagers might engage in self harm. We will review different strategies to use and avoid while discussing these topics.

In the spirit of talking openly about suicide and self-harm, time will be put aside at the end of this workshop for caregivers to ask questions and obtain feedback from the presenters.

Presented by Lorne Sugar, Ph.D., C. Psych
and Josh Goodbaum, MSW, RSW
The Hincks-Dellcrest Centre

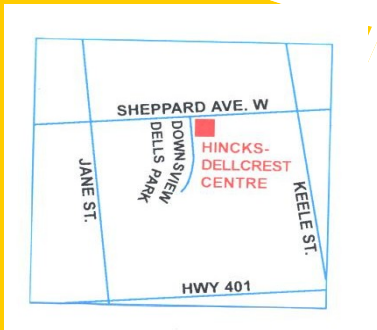
REGISTRATION IS REQUIRED AND AVAILABILITY OF CHILDREN'S GROUPS & CHILD SUPERVISION WILL BE CONFIRMED AT THE TIME OF YOUR REGISTRATION.

Call 416 - 924 - 1164 ext. 3342 TO RESERVE YOUR SPOT.



FREE PARENT & CHILD WORKSHOP

for parents of school aged children



**PLACE: THE HINCKS - DELLCREST CENTRE
1645 SHEPPARD AVENUE WEST
(Sheppard Avenue between Jane & Keele streets)**

TIME: 6:00 - 8:00 p.m.

"AT HOME ALONE"

Parent & Child Workshop

Thursday June 8th, 2017

6:00 - 8:00 pm

Are you wondering if and when it may be safe to leave your child at home alone? Perhaps to run a few errands? Does he/she need to spend a couple of hours home alone before or after school due to your work schedule or other commitments? Come join us for a highly interactive program for parents

AND their children aged 10 - 14 years. This workshop is geared to help families assess and prepare their children to be home alone safely. We will review the five easy steps to independence, increase safety knowledge, and help you and your child develop a safe, and reassuring "at home alone plan" together.



Presented by Nancy Addai, Toronto Public Health Nurse

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Call 416 - 924 - 1164 or 1 - 855 - 944 - HOPE (4673) ext. 2167 TO RESERVE YOUR SPOT.