

## **FREE PARENT WORKSHOP**

*for parents of school aged children*



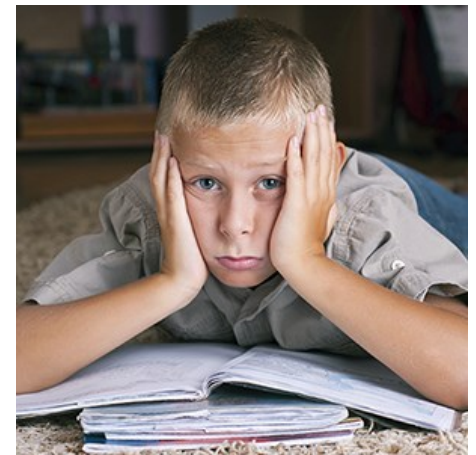
**PLACE: SICK KIDS CENTRE FOR COMMUNITY  
MENTAL HEALTH  
(FORMERLY KNOWN AS  
THE HINCKS-DELLCREST CENTRE)**  
**1645 SHEPPARD AVENUE WEST  
(Sheppard Avenue between Jane & Keele streets)**

# **ADHD WORKSHOP**

**Wednesday Sept. 27th, 2017      6:00 - 8:00 pm**

Children with Attention Deficit Hyperactivity

Disorder may experience many different challenges at home, school and in the community. Learn more about ADHD, effective parenting strategies, supportive resources, and how to work together with the school to support your child.



**Presented by Laurie Solmon , MSW, RSW & Samantha Rajchel , MSW, RSW**

**Child & Family Therapists - SICK KIDS Centre for Community Mental Health**

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

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

# **FREE PARENT & CHILD WORKSHOP**

*for parents of school aged children*



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MENTAL HEALTH (FORMERLY KNOWN  
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## **“AT HOME ALONE”**

**Parent & Child Workshop**

**Thursday Sept. 28th, 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 Theresa Santos, Toronto Public Health Nurse**



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