



Triple P Parenting Seminar

Parenting During Challenging Times

This is a time of uncertainty for everyone and many children and young people are feeling anxious and worried.

This is a normal response to the situation we are all experiencing.

This session will provide information and practical strategies to help families learn about:

- The importance of caring for our mental health
- Indicators of mental health
- How to help and support children and youth

[Register](#) Now!

Parents, Grandparents and Caregivers!

Join us to share, learn and build a school culture where mental health and well-being is valued and promoted.

Date: Tuesday, January 18, 2022.

Time: 9:30 a.m. – 11:00 a.m.

Location: Zoom Link will be provided

Facilitator: Uma Bhatt, R.S.W.
York Hills Centre for Children, Youth and Families

More Information:

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This free Parent Presentation is brought to you in partnership with York Hills Centre for Children, Youth and Families and York Region District School Board

