



# Mental Health & Well-Being

## Information Sessions for Parents/Guardians

The HDSB is hosting mental health & well-being information sessions for parents/guardians this Spring. These sessions cover specific topics based on feedback from parents/guardians. Each will be led by a mental health expert in that area who will share their knowledge and provide helpful information and resources.

### Sessions topics include:

- Building executive functioning skills in teenagers (regulating emotions and behaviour)
- Supporting children who are grieving
- Celebrating neurodiversity
- Supporting Black Mixed-race students
- Supporting 2SLGBTQIA+ students
- Mental health, well-being and Autism Spectrum Disorder
- Anxiety and depression in youth

### REGISTRATION IS REQUIRED

Register now by completing the Mental Health & Well-Being Information Sessions Registration Form.

**Limited spots available.**

Sessions will be held on Google Meet, where closed captioning is available in various languages.

**Sessions will not be recorded.**