

ST. GABRIEL THE ARCHANGEL's Catholic School Council
Cordially invites you to:

**MENTAL HEALTH AND AWARENESS PARENT SESSION
THURSDAY MARCH 21ST, 2019 AT 7:00PM**

St. Gabriel the Archangel CES - 91 Fiori Drive, Woodbridge



**Inspiring Hope and Empathy Through Personal Stories by
Trained Youth Speakers.**

RAW. REAL. RELATABLE.

Programs are Youth-Led, Interactive and Engaging



PARENT SESSION

- **PLEASE JOIN US** as YOUTH SPEAK trained speakers share their personal stories to increase understanding of issues relevant for children such as mental health, online/social media bullying, etc...
- Parents learn tips directly from young adults on how to build relationships with your children, identify their strengths, assets and resiliency skills. Understand what you can learn from your children regarding their mental health.

*Families in attendance will also receive a **complimentary parent tip sheet** and resource list

**WE NEED TO
TALK ABOUT
CHILDREN'S
MENTAL
HEALTH...**

