

Parents' Night Out

2016-17

Sponsored by New Westminister Police Department

Free info session, open to all parents/caregivers.

Moving from Mental Health to Mental Wellness: Practical Steps to Promote Resilience in Children and Adolescents

Christine Yu, AnxietyBC

October 25, 6:30—8:30 pm

Justice Institute Auditorium

This presentation will help to educate parents about common mental health challenges and stressors in childhood, how it impacts children and adolescents, and why mental wellness is important. Parents will be offered a step-by-step guide of how to help their children and teens manage stress and build resilience using evidence-based treatment. Information about healthy habits and what to consider when collaborating with school and mental health professionals will also be provided.

This event is supported by the Child and Youth Mental Health and Substance Use (CYMHSU) Collaborative, funded in partnership by Doctors of BC and the BC government. Local services and a doctor will be available at the end of the evening for more information.

Social Media Awareness/Management

Safer Schools Together

February 21, 6:30—8:30 pm

Justice Institute Auditorium

Your child is rapidly developing their personal identity with cell phone in hand and you need to be prepared. Family rules, parental controls and developing a family tech plan will be outlined as well as recommendations for monitoring your child's digital life. As a parent, you must lead the charge as a digital role model and help your child develop a strong digital citizenship foundation while reminding them that their digital footprint is a reflection of their real and online selves. At this age, they will encounter situations that will challenge their independence, including cyberbullying (and more commonly – cyberexclusion), the dangers of anonymity, privacy, sharing intimate images, and inappropriate websites, and you need to be there to provide support and guidance during this critical period. Finally, to better equip you for your digital parenting strategy, a snapshot of the current trends and concerning apps will be provided.

Register www.eventbrite.ca

For more information call Robin Stewart 778-874-4700

To register for child-minding email: communityschools@sd40.bc.ca

Organized by:

DPAC



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