

It Takes A Village

Location: ZOOM- A Virtual Meeting Platform

Cost: Free

Register at: 519-438-4783 ext 191 or
judywright@cscn.on.ca

March 2nd 2021

'Navigating Mental Health Services and Supports'

Link will open at 6:25pm

6:30pm-7:00pm

-Welcome

-**Jessica Berezoski M.S.W., R.S.W. :**

Navigating Mental Health Supports for children with multiple diagnosis

-**Nicole Turner M.S.W, R.S.W.:**

When our child/youth needs support within hospital emergency rooms

7:00pm-7:30pm

Vanier – Mental Health Lead Agency

Area Pathways to Child/Youth Mental Health Services and Supports

-**Mike Serwatak B.A.:** Vanier Crisis and Intake Team

-**Maria Michalopoulos M.S.W., R.S.W.:** Vanier

7:30pm-8:00pm

Thames Valley District School Board and London District Catholic School Board:

Starting the discussion around Mental Health Needs with your child's school

8:00pm-8:30pm

All Kids Belong: Mindfulness and Self Care

-**Nancy Liabotis and Maria Warren; RECE**

During our time together, the facilitators will help families with everyday practical mindfulness activities. Parents will gain an appreciation for how their brains work, increase their self-awareness, and build a sense of empowerment in order to help themselves and their children become more mindful.

FAMILIES OF CHILDREN AND YOUTH WITH SPECIAL NEEDS



Connect with other Families



Gather resources



Get Organized



Gain knowledge



Talk about advocacy



Plan for today, tomorrow and the future



Ask questions



Have fun!