

Join Us
In Person!



Attend in person for a
chance to win an iPad!

Navigating Mental Health & Well-Being

GUEST SPEAKER 7:00 pm – 8:00 pm (live streamed available on YouTube)

Thursday, April 28
Assumption CSS

Thursday, May 5
Notre Dame CSS

Thursday, May 12
Corpus Christi CSS



"Learn the Facts"



"Understand the Signs"



"Support Your Teen"

Psychotherapists, Jackie Robertson & Lauren Sims, bring their years of experience to advise and educate parents on how to navigate teenage mental health as well as insightful ways to discuss mental health with their teen.

Recognizing mental health needs & red flags with professional speaker and counsellor, Brett Ullman.

HCDSB Chief of Mental Health. Registered Social Worker and Psychotherapist, Michael Assiamah shares practical tools and strategies of when and how to seek support, as well as the ways schools help support teen's mental health.

ASSUMPTION PANEL 8:00 pm – 9:00 pm (not live streamed)

Assumption Parents & Guardians are invited to attend in person Thursday, April 28 (school doors open 6:30 pm). Following our guest speaker, a panel of Assumption Administrations and Support Staff will discuss their specific roles in supporting our students and parents regarding mental health and well-being.

R.S.V.P.

Attend in person for a chance
to win a new iPad! RSVP today!

In person RSVP
Click Here

If you are unable to attend in person, watch all three guest speakers live on YouTube. Channel links will be emailed to all Parents & Guardians.

