

Tune in to Mental Health and Addictions

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Sponsored By:



Canadian Mental Health



Distress Centre



The Raft

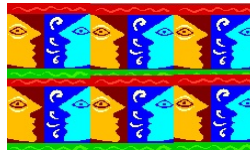
Niagara Alcohol & Drug Assessment Service
Gambling Support Services



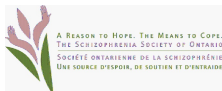
Niagara Child & Youth Services



Niagara Health System



YMCA Youth Gambling Awareness Program



Schizophrenia Society of Ontario

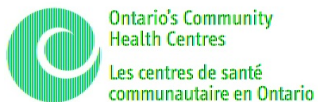
TALK
Teams of Adults
Listening To Kids



Centre for Addiction and Mental Health
Centre de toxicomanie et de santé mentale



Niagara Falls Community Health Centre



Community Health Centre



John Howard Society of Niagara



Informative Presentations for Parents/Caregivers & Teens

Attendance is *free* thanks to our generous sponsors

Educators, Service Providers and Health Care Professionals are welcome to attend

Presentation Dates & Topics

Navigating The System

How To Find And Work Effectively With Education and Community Resources On Behalf Of Your Child

Schools: Lisa Nazar, Secondary School Administrator, *DSBN*; Barbara Hennessey, Behaviour Resource Teacher *NCDSB*; Ray Pidzamecky, Secondary School Social Worker Consultant, *DSBN*

Mental Health Community: Ian Robertson, Inpatient Counsellor, Children's Clinic, *NHS*; Heather Fowler, Resource Coordinator, *Contact Niagara*, Bill Helmeczi, Director of Clinic Service, *Niagara Children & Youth Services*

Parent: Helga Campbell, *Parent*

Police: Cathy Uskin, *Niagara Regional Police* (Vulnerable & Elderly Populations)

The presentation will include a short presentation from each panel member followed by a question and answer period.

Date: Thurs. November 27, 2008 **Time:** 7:00 PM to 8:30 PM

Location: CMHA, 36 Page St., St Catharines, Ontario

Anxiety Symptoms for Youth

Presented by: Belinda Santamaria, Children's Clinic Niagara Health System
This informative presentation will focus on the symptoms of anxiety in youth. Practical strategies for parents will be provided.

Date: Wed. January 7, 2009 **Time:** 7:00 PM to 8:30 PM

Location: Niagara Falls Public Library 4848 Victoria Ave Niagara Falls

Concurrent Disorders –Understanding why Addictions & Mental Health Go Hand in Hand

Presented by: Paul Niesink and Laurie Flasko, Niagara Alcohol and Drug Assessment Service and Gambling Support Service
Research shows a strong connection between mental health issues and addictions to alcohol, drugs and gambling. This workshop will examine the relationship between substance use/gambling and mental health and provide parents with strategies parents to help assist their child in making healthy decisions.

Date: Thurs. January 29, 2009 **Time:** 7:00 PM to 8:30 PM

Location: CMHA 36 Page St. St Catharines, Ontario

Trauma

Presented by: Tom Regehr CAST Canada

Winner of the prestigious [Courage to Come Back Award](#) from the Centre for Addiction and Mental Health in Ontario, an experienced speaker, Tom uses his personal story and healing journey to inspire, provoke and fill people with the feeling of "Yes, it's ok, I know what to do, I can do this." Learn how to help heal the past, work in the present, and create a positive future.

Date: Wed. February 11, 2009 **Time:** 7:00 PM to 8:30 PM

Location: Niagara Falls Public Library 4848 Victoria Ave Niagara Falls

Suicide Awareness Talk

Presented by: Stacy Terry, Distress Centre

The session will give parents and caregivers the opportunity to learn practical skills in suicide prevention and intervention. The session will provide parents and caregivers strategies and resources needed to aid in the prevention and intervention of suicide.

Date: Thurs. February 26, 2009 **Time:** 7:00 PM to 8:30 PM

Location: CMHA 36 Page St. St Catharines, Ontario

Depression

Presented by: Niagara Child and Youth Services

This workshop will discuss how to determine when a youth is 'too sad' and when sadness impacts daily life too much. Practical strategies for parents will be discussed.

Date: Wed. March 25, 2009 **Time:** 7:00 PM to 8:30 PM

Location: Niagara Falls Public Library 4848 Victoria Ave Niagara Falls

Marijuana Abuse and Psychosis

Presented by: Dr. Suzanne Archie, Associate Professor with the Department of Psychiatry and Behavioural Neurosciences at McMaster University.

This talk will describe some of the recent scientific findings on marijuana abuse and psychosis, as well as the potential impact of marijuana abuse upon young people coping with schizophrenia.

Date: Thurs. April 30, 2009 **Time:** 7:00 PM to 8:30 PM

Location: CMHA 36 Page St. St Catharines, Ontario

Anger Management – The Explosive Child

Presented by: Niagara Child and Youth Services

Are you running out of options in attempting to handle your explosive child? Much of the focus on this workshop will be on understanding what types of interventions have been tested and have had the most success. Treatment options will be discussed and how advantageous it is to have parental and school co-operation.

Date: Wed. May 6, 2009 **Time:** 7:00 PM to 8:30 PM

Location: Niagara Falls Public Library 4848 Victoria Ave Niagara Falls

Schizophrenia and Psychosis-Reaching Out

Presented by: Jill Dennison, Schizophrenia Society of Ontario

Reaching out presents an up-to-date view of schizophrenia; provides a message of hope and encourages reflection, discussion and understanding. It discusses the important role of friends and family in providing support, and encourages responsible help-seeking through school services. It also promotes discussion and reflection on the myths and fears surrounding mental illness.

Date: Thurs. May 28, 2009 **Time:** 7:00 PM to 8:30 PM

Location: CMHA 36 Page St. St Catharines, Ontario