

# 2009/10 TUNE IN TO MENTAL HEALTH & ADDICTIONS

INFORMATIVE PRESENTATIONS FOR PARENTS/CAREGIVERS & TEENS



## TOPICS

Bullying • Suicide Talk • Anger • Drug Use  
and Abuse • Depression, Anxiety and Self-  
Harm • Kids and the Internet • Schizophrenia  
& Psychosis • Trauma and **more...**

Attendance is *free* thanks to our generous sponsors

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

## PRESENTATION TOPICS, SPEAKERS & DATES

### Raising Resilient Children and Youth

#### An Evening for Parents/Guardians

*Dr. Wayne Hammond, Executive Director, Resiliency Canada*

OCTOBER 28, 7:00 TO 9:00 PM

Four Point Sheraton, 3530 Schmon Parkway, Thorold

Come hear an expert in the field of resiliency and learn how to build strengths and increase resiliency in our kids. This is a free workshop but registration is required. Phone: 905-688-8248 ext. 7267 or Email: [megan.delben@niagararegion.ca](mailto:megan.delben@niagararegion.ca)

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### Bullying and Mental Health

*Sueann Miller-Koren, Child and Family Therapist, Niagara Health System*

*Laurie Flasko, Parent*

WEDNESDAY NOVEMBER 4, 2009 - 7:00 TO 8:30 PM

Canadian Mental Health Assoc., 36 Page St. St. Catharines

This presentation will explore the serious consequences that sustained bullying may have on the victim and strategies to minimize and/or correct the damage.

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### Who Can Help My Child

*Lisa Nazar, Secondary School Administrator, DSBN; Barbara Hennessey, Behaviour Resource Teacher NCDSB; Ray Pidzamecky, Secondary School Social Worker/ Consultant, DSBN; Ian Robertson, Inpatient Counsellor, Children's, Clinic, NHS; Heather Fowler, Resource Coordinator, Contact Niagara; Bill Helmeczi, Director of Clinic Service, Niagara Children & Youth Service; Helga Campbell, Parent; Nadine Wallace, Youth Justice Coordinator, Niagara Regional Police.*

WEDNESDAY NOVEMBER 18, 2009 - 7:00 TO 8:30 PM

Bridges Community Health Centre, 1485 Garrison Rd. Fort Erie

Panel Members will each make a brief presentation to parents about finding help for their child at school and in the community, followed by a question and answer period.

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### Youth, Drugs and Mental Health

*Darryl Upfold, Clinical Psychological Associate*

WEDNESDAY DECEMBER 2, 2009 - 7:00 TO 8:30 PM

Niagara Falls Library (Judy LaMarsh room), 4848 Victoria Ave.

Research shows a strong connection between mental health issues and addictions to alcohol, drugs and gambling. This workshop examines the relationship between substance use/gambling and mental health and provides parents with strategies they can use to help assist their child in making healthy decisions. This presentation will also explain the connection between mental health issues and drug use, with practical suggestions about **what parents CAN do.**

## Suicide Talk

*Stacy Terry, Distress Centre*

WEDNESDAY DECEMBER 9, 2009 - 7:00 TO 8:30 PM

Port Colborne General Hospital (McKellar Hall) 260 Sugarloaf St

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

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## Solving the Anger Puzzle

*Julie Christiansen, Anger Solutions*

WEDNESDAY JANUARY 13, 2010 - 7:00 PM TO 8:30 PM

Canadian Mental Health Assoc. 36 Page St. St. Catharines

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.

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## Trauma: Helping Parents and Caregivers Help Their Teen Who May Have Been Traumatized

*Erinne Andrews, Art Therapist, Niagara Child and Youth Services*

WEDNESDAY JANUARY 27, 2010 - 7:00 TO 8:30 PM

Bridges Community Health Centre, 1485 Garrison Rd. Fort Erie

This workshop will help parents and caregivers of a teenager who may have experienced a current or historic traumatic event(s) or been exposed to chronic trauma to understand what trauma is, clarify signs and symptoms and briefly reviewing possible concurrent diagnosis. Parenting strategies from a trauma perspective will also be discussed.

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## Depression, Anxiety & Self Harm

*Speaker TBA, Niagara Child and Youth Services*

*David Carmichael*

WEDNESDAY FEBRUARY 3, 2010 - 7:00 TO 8:30 PM

Niagara Falls Library (Judy LaMarsh room), 4848 Victoria Ave.

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

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## Drug Use & Abuse

*Donny Edwards, Pharmacist, Boggio Pharmacy*

WEDNESDAY FEBRUARY 17, 2010 - 7:00 TO 8:30 PM

Port Colborne General Hospital (McKellar Hall) 260 Sugarloaf St.

This talk will focus on the signs and symptoms of street drug use including marijuana, cocaine, heroin and methamphetamines.

## Kids and the Internet

*Jeannie Makund, Way2Click*

WEDNESDAY MARCH 3, 2010 - 7:00 TO 8:30 PM

Canadian Mental Health Assoc. 36 Page St. St. Catharines

The issue of cyber bullying and internet addiction is a growing concern in our society. This talk will focus on basic internet safety, signs of internet addiction, chat room threats and cyber bullying. Time will be spent discussing how much time kids should spend on the computer per day and placing limits on computer time.

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## Mental Health and the Family

*Dr. Abraham, Psychiatrist*

WEDNESDAY MARCH 24, 2010 - 7:00 PM TO 8:30 PM

Bridges Community Health Centre, 1485 Garrison Rd. Fort Erie

Dr. Abraham will provide an overview of the symptoms, treatments and latest recommendations associated with mental illness and discuss the effects of mental illness on the family.

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## Marijuana Abuse and Psychosis

*Dr. Suzanne Archie, Associate Professor, Department of Psychiatry and Behavioural Neuroscience, McMaster University*

WEDNESDAY APRIL 7, 2010 - 7:00 TO 8:30 PM

Niagara Falls Library (Judy LaMarsh room), 4848 Victoria Ave.

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.

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## Schizophrenia and Psychosis – Reaching Out

*Jill Dennison, Regional Coordinator, Schizophrenia Society of Ontario*

WEDNESDAY APRIL 28, 2010 - 7:00 TO 8:30 PM

Port Colborne General Hospital (McKellar Hall) 260 Sugarloaf St.

Reaching out presents an up-to-date view of schizophrenia; it provides a message of hope and encourages reflection, discussion and understanding.

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## Stigma and Mental Health

WEDNESDAY MAY 5, 2010 - 7:00 TO 8:30 PM

*Sarah Cannon, Parents for Children's Mental Health*

*David Carmichael, Coordinator, Talking About Mental Illness, Niagara*

Canadian Mental Health Association, 36 Page St. St. Catharines

All presentations begin promptly at 7:00 PM  
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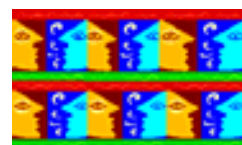
Schizophrenia Society of Ontario



Community Addiction Services, Gambling Support Services



Niagara Child and Youth Services



Teams of Adults Listening to Kids



Bridges Community Health Centre



Talk About Mental Illness Niagara

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