

Parent Education Series

CART is offering 6 workshops for parents, guardians and/or community partners who are interested in attending the following topics pertaining to Mental Health.

Please encourage your clients' parents/ guardians to come to any of the following workshops that may be of interest to them:

Date	Topic	Facilitator
Week 1: Tues, Oct 24 th from 1700 - 1830	General Mental Health	Blazhena Leigh
Week 2: Mon, Oct 30 th from 1700 - 1830	Parenting Anxious Kids	Blazhena Leigh Shana Cherry
Week 3: Tues, Nov 7 th from 1700 - 1830	Healthy Boundaries	Diego Ferrero Shana Cherry
Week 4: Tues, Nov 14 th from 1700 - 1830	Self-Harm	Leah Stewart
Week 5: Tues, Nov 21 st from 1700 - 1830	Suicide Concerns	Leah Stewart
Week 6: Tues, Nov 28 th from 1700 - 1830	Healthy Lifestyles & Parenting Self-Care	Diego Ferrero

CART

**Child & Adolescent Response Team
401- 1212 West Broadway
Vancouver, BC, Canada, V6H 3V1
Phone (604) 874-2300**

Located at the corner of Alder Street and W Broadway.

Pay Parking @ Toys"R"Us

**Please call CART
to RSVP**

@ 604-874-2300



**When calling,
please provide
the following:**

- ◆ Parent(s)/ Attendees' Name
- ◆ Attendees' Contact
- ◆ Clinician's Name

Parents ONLY

**Childcare WILL NOT be
available.**

**Maximum 20
adults per
session**

**Light snacks and
refreshment
provided.**