

VCH AND VSB CO-PRESENT:

# Parent Education Series 2018-2019

VCH Child and Youth Mental Health Services in collaboration with the Vancouver School Board will be offering a series of **Child and Youth Wellbeing Workshops** this upcoming school year.

**Cost:** FREE

**Location:** VSB Education Centre, 1580 West Broadway Street, Rm 180

**Time:** Session starts at 6:00pm (2 hours)

**Parking:** Underground pay parking and street parking available, public transit encouraged

**To register:** Click on the link below the workshop title.

**Password:** vsb

- ◆ Coffee, tea and snacks provided
- ◆ For caregivers
- ◆ Childcare is not available



**Navigating the Mental Health System:** October 2nd, 2018

[REGISTER](#)

**Anxiety in Children and Youth:** November 13th, 2018

[REGISTER](#)

**Depression in Children and Youth:** January 10th, 2019

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**Responding to Challenging Behaviour:** February 12th, 2019

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**Supporting Your Child with ADHD:** April 16th, 2019

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**Encouraging Healthy Eating in Children:** May 22nd, 2019

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