

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

[REGISTER](#)

Responding to Challenging Behaviour: February 12th, 2019

[REGISTER](#)

Supporting Your Child with ADHD: April 16th, 2019

[REGISTER](#)

Encouraging Healthy Eating in Children: May 22nd, 2019

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