

# 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 <sup>th</sup> from 1700 - 1830	General Mental Health	Blazhena Leigh
Week 2: Mon, Oct 30 <sup>th</sup> from 1700 - 1830	Parenting Anxious Kids	Blazhena Leigh Shana Cherry
Week 3: Tues, Nov 7 <sup>th</sup> from 1700 - 1830	Healthy Boundaries	Diego Ferrero Shana Cherry
Week 4: Tues, Nov 14 <sup>th</sup> from 1700 - 1830	Self-Harm	Leah Stewart
Week 5: Tues, Nov 21 <sup>st</sup> from 1700 - 1830	Suicide Concerns	Leah Stewart
Week 6: Tues, Nov 28 <sup>th</sup> 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.**