

## ***Mental Health & Our Kids***

### **Speaker: Dr Vanessa Lapointe, R. Psych.**

***Parenting Expert & Author of "Discipline without Damage: How to get your kids to behave without messing them up"***



Anxiety, depression, and other mental health challenges continue to impact our youth at alarmingly high rates. We are often left searching for answers. Registered Psychologist, author, and parenting educator, Dr. Vanessa Lapointe, will share some of the most contemporary information on responding to this epidemic of mental health issues – including the vital role of parents and adults in fostering resilience and supporting youth to their best possible outcomes.

**Date: Wednesday, February 22<sup>nd</sup>, 2017**

**Time: 6:00 pm – 8:00 pm (5:45 Refreshments)**

**Venue: Elgin Park Secondary, 13484 24<sup>th</sup> Ave, Surrey BC**

**RSVP: Eventbrite**

<https://www.eventbrite.com/e/mental-health-and-our-kids-dr-vanessa-lapointe-tickets-31421192633>

**For Parents, Educators, Care Givers, Professionals and Youth**

Organized by: The Surrey School District in partnership with the WRSS Local Action Team as part of the BC Child & Youth Mental Health & Substance Use Collaborative – a partnership of Doctors of BC and BC government

