



FEBRUARY IS PSYCHOLOGY MONTH



SCHOOL PSYCHOLOGY PROMOTES SUCCESS *Dr. Mary Anne McCarty-Mayor Memorial Symposium*

PSYCHOLOGY PROMOTES SUCCESS



ONE GOAL...MANY PATHS
HELPING STUDENTS REACH THEIR INDIVIDUAL POTENTIAL

The Psychological Services Department invites parents and educators to attend:

LIVING AND COPING WITH ANXIETY - A PERSONAL JOURNEY - AND HOW PARENTS AND TEACHERS CAN HELP

Kendra Fisher, Canadian Women's Hockey League
Rita Alekian, TCDSB Psychology Department

Wednesday, February 14, 2012, 3:30-5:30 p.m.
Catholic Education Centre, 3rd Floor, 80 Sheppard Avenue East



Through the personal accounts of Kendra Fisher, a past member of Team Canada's National Hockey Program, participants will be presented with a unique insight into the struggle of living with anxiety and depression in an unaware society. Forced to quit Team Canada due to anxiety and depression, her story, though full of isolation and loss, is one of hope. Through many years' determination and perseverance, she has been able to regain control of her life and is now determined to help others do the same. The goal of this workshop is to provide an opportunity to better understand what it is to live and cope with anxiety and depression, in hope of stopping the stigma connected with mental health. Members of the Psychology Department will discuss support strategies that parents and educators can use.

Please register on-line on PAL by clicking on:

<https://web1.tcdsb.org/Conference/logon.aspx?ReturnUrl=%2fconference%2fregistrations.aspx>

or go to www.tcdsb.org to "online services" to "services" – PAL

If you require assistance, please leave a voicemail message at (416) 222-8282, ext. 89000

To reach the Catholic Education Centre by subway, exit at the Sheppard stop on Yonge Street, and walk one block east. Parking is available at the Sheppard Centre for a fee.

Psychological Services Department, TCDSB Dr. Maria Kokai, Chief Psychologist