



# MENTAL WELLBEING:

## A CANADIAN MENTAL HEALTH ASSOCIATION WORKSHOP

### WHEN

**Mon. Apr. 23, 2018**  
**6:30-7:30pm**

### WHERE

**Jean Vanier C.S.S. Library**  
**959 Midland Ave. Toronto, ON M1K 4G4**

**PARENTS,  
GUARDIANS, AND  
FRIENDS  
OF JVCSS  
ARE WELCOME!**

### MANAGING ANXIETY AND DEPRESSION

A Workshop by the  
Canadian Mental Health Association

Anxiety and depression are an ever-growing part of the life of today's high school students.

More than 1.2 million Canadian children and youth experience challenges to mental wellness.

Please join our CSPC and The Canadian Health Association in a 1 hour workshop to get a better understanding of the effects of anxiety and stress and how to help.

#### Workshop Topics:

- ⇒ Stressors for students
- ⇒ What anxiety looks and feels like
- ⇒ What depression looks and feels like
- ⇒ How to help
- ⇒ Resources

**We hope to see you there!**