

WORKSHOPS

PARENTING MY CHILD!



Understanding family dynamics and conflicts

4 sessions | **October 1, 2, 8 & 9, 2024** (6:00 to 7:30 pm)

- Separation and divorce, co-parenting, and impacts on the child
- Self-care and community support



Unpacking mental health: supporting yourself and your child

4 sessions | **October 15, 16, 22 & 23, 2024** (6:00 to 7:30 pm)

- What is anxiety and depression?
- Understanding how environmental factors, family influences, and trauma impact a youth's mental health



Exploring gender identity

2 sessions | **October 9 & 30, 2024** (6:00 to 7:30 pm)

- Understanding terminology (2SLGBTQIA+), risks and impacts associated with different identities, and cultural contexts
- Effective parenting practices and best approaches for supporting diverse identities



Navigating the impacts of social media and technology

2 sessions | **November 5 & 6, 2024** (6:00 to 7:30 pm)

- Regulations and laws about social media, parental controls, and managing technology at home
- Benefits, consequences, and overall usage safety
- Presentation from a community officer from SPVM



GERRY-ROBERTSON COMMUNITY CENTRE

9665 Boul. Gouin O. (Halls O1 and O64)
Pierrefonds, QC H8Y 1R4

Childcare
provided for
those in need
of support.

FOR MORE INFORMATION:

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TO REGISTER, FILL THIS FORM:



Centre intégré
universitaire de santé
et de services sociaux
de l'Ouest-de-
l'Île-de-Montréal

Québec

