



## MENTAL HEALTH LITERACY WORKSHOPS

**WORKSHOP:** JENNY MITCHELL AND KIM WISE – **MENTAL HEALTH LITERACY**  
**DATE AND TIME:** MARCH 5, 2019 – 7:00 to 8:30 p.m.  
**WHERE:** CENTRE STAGE THEATRE, SUMMERLAND

In conjunction with our partners on the Summerland Child and Youth Committee, Summerland Secondary School is offering a series of presentations for parents on issues affecting the health and wellness of youth in our community.

Join us for a presentation and panel discussion on Mental Health Literacy. Learn more about Mental Health with presenters Jenny Mitchell, School District 67's Healthy Schools Coordinator and Kim Wise, Summerland Secondary School Counsellor. The presentation will include information on the difference between mental health distress versus disorders, the Mental Healthy Pyramid, why mental health matters and how to access support. It will be followed by a moderated panel discussion. No pre-registration is required.

As described by TeenMentalHealth.org, "Mental Health Literacy is the knowledge and understanding that helps us become responsible, effective and successful in living full and healthy lives. With good mental health literacy, we learn how to take better care of ourselves, our loved ones and our communities. We are empowered and provided with the skills we need to help us build better lives, better systems of care and a better society". Mental Health Literacy is recognized as an important component of mental health promotion and it is embedded in the school curriculum in B.C.

The target audience for this presentation is all parents and interested youth in our community. We all have mental health, and we all need to develop the knowledge and skills that will allow us to preserve and strengthen our children's mental health. Watch for information on upcoming presentations in this Health and Wellness Series, including:

*Candid about Cannabis and Vaping on Tuesday, April 16*

*Healthy Communities for Youth and Families on Tuesday, May 14*



## MENTAL HEALTH LITERACY WORKSHOPS

**WORKSHOP:** DR. BLACK – **NON-SUICIDAL SELF INJURY**  
**DATE AND TIME:** MARCH 11, 2019 – 6:30 to 7:30 p.m.  
**WHERE:** IMC

**REGISTER** with [lleonard@summer.com](mailto:lleonard@summer.com)

Dr. Tyler Black is the Medical Director of the CAPE (Child and Adolescent Psychiatric Emergency) Unit at BC Children's Hospital and BC Mental Health and Substance Use Services and part of the Child and Youth Mental Health team in the South Okanagan.

He is a Suicidologist and specialist in Pediatric Emergency Psychiatry. He speaks internationally on subjects such as Suicide and Suicide Risk Assessment, Pediatric Emergency Psychiatry, Video Game / Technology Addiction and Bullying / Cyberbullying.

In his spare time Dr. Black likes to vacation in Japan. He also enjoys video gaming and getting out on the court to shoot a few hoops to help him relax.

**WORKSHOP:** KEVIN LEFEBVRE – CHILD AND YOUTH MENTAL HEALTH  
**DATE AND TIME:** MAY 10, 17 and 24, 2019 – 1:00 to 2:30 p.m.  
**WHERE:** IMC

**REGISTER** with [lleonard@summer.com](mailto:lleonard@summer.com)

We at Child and Youth Mental Health are pleased to offer the **Parenting Anxious Kids workshop in Penticton in May.**

This is a well-received workshop for parents or care givers who need support and information around anxiety management. Participants will leave with accurate information on anxiety, strategies in approaching common parenting dilemmas, and tools to try at home to help with worries and problem behaviours. They will also relate and benefit from questions other participants pose in the workshop.