

FREE Parent & Teen Communication Workshops




Teens and parents may find it challenging to communicate with each other. However, parent and caregiver support is still critical to healthy development and transitioning of teenagers. Our Keynote presenter is Dr. Maisha Syeda of Western University's Centre for School Mental Health. She will explore the interplay of brain and social-emotional development, expectations, and newcomer experiences of teenagers in supporting parents to identify helpful communication strategies with their teens. Dr. Syeda will also speak from her own early experience as a newcomer adolescent.



After the Keynote address, each participant will move to their chosen workshop (listed below). Each family will receive a FREE parenting book, while supplies last.

Register for this FREE event at: <https://nov21bettercommunicate.eventbrite.ca>

**Thursday, November 21, 7-9 p.m.
at Vic Johnston Community Centre, 335 Church St., Streetsville**

Workshop	What will be learned?	Who should attend?
	Created by the University of Toronto Mississauga, Higher Education Quality Council of Ontario, and Ontario School Counsellors' Association, <u>What's Next: Your Guide to Education and Career/Life Planning in Ontario</u> helps parents/guardians and their high school children discuss future opportunities.	Adults/ Teens
Healthy Communication with your teen 	This workshop will focus on sharing strategies on how parents can support their youth with healthy communication. The team from Western University's Centre for School Mental Health will deliver this workshop, led by Maisha Syeda whose graduate training focused on assessments and interventions to support children and youth with mental health concerns.	Adults
Healthy Relationships Plus 	Developed in conjunction with Western University's Centre for School Mental Health, the Healthy Relationships Plus Program helps youth better handle relationships with peers, parents and on social media. This workshop will focus on healthy communication.	Teens

Special thanks to the
Region of Peel Community
Investment Program



Registered
Community Group

Erin Mills Connects (EMC) is a collaborative of community leaders including parents and guardians. This group organizes events that inform and connect students and families to local resources and services that increase well-being in Erin Mills. EMC is in partnership with *The Dam*.

Visit www.erinmillsconnects.org

