**Mental Health Awareness and Resource Sharing for Parents / Guardians**

**(Funded by an Ministry of Education “Parents Reaching Out” Grant)**



**OLM School Council is hosting a**

**Mental Health Awareness and Resource Sharing**

**at Our Lady of Mercy Catholic School**

 **Tuesday, January 9th from 5:30 pm to 7:00 pm**

Presentations will include:

* “The Principled Child: How to do it…. I think” by Dr. Dean Tripp. Queen’s University
* Algonquin and Lakeshore CDSB Mental Health Lead, Alex Weedmark
* Contact / resource personnel from local Community Agencies (e.g., Counselling Services of Belleville & District, North Hastings Community Integration, Addictions & Mental Health Services HPE, etc…)

**Pizza will be provided, as well as beverages and fresh fruit/veggies for all attending. Please indicate below the number of pizza slices and beverages requested by your family for this event. Thank you.**

**PLEASE RETURN THIS PORTION by December 21st**

We also plan to make childcare available to allow more people to attend.

Please indicate if you would like childcare \_\_\_\_\_\_\_ Yes \_\_\_\_\_\_\_ No

I will be bringing \_\_\_\_\_\_\_\_ child(ren) who will require childcare.

My family\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (indicate family surname) wishes to pre-order the following for OLM Mental Health Awareness and Resource Sharing Night, **JANUARY 9th 2018**

There will be \_\_\_\_\_\_\_ family members attending.

1. Juice boxes (apple) \_\_\_\_\_\_\_ (orange) \_\_\_\_\_\_\_
2. Water, (non-bottled) – please consider bringing you own water bottle to fill from our Hydration Station.
3. Coffee \_\_\_\_\_\_\_
4. Slices of pepperoni & cheese pizza \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Fruits and veggies will also be available.