

**Tuesday, Oct.**  
**18**  
**6:30-8:30pm**

## **An Information Event for Parents**

*How do you talk to your child about mental health?*



*A panel including physicians, school counsellors, parents and clinicians will help answer common questions*

### **HOW DO I HELP MY CHILD COPE WITH STRESS?**

*How do I get my child to open up when I know something is wrong?*

*How much is too much for my busy child?*

### **HOW SHOULD I REACT IF I LEARN MY CHILD IS SELF-HARMING?**

*What do I do if I catch my child using drugs?*

*What do I do when my child talks about suicide?*

### **WHAT DO I DO WHEN MY CHILD TELLS ME ABOUT A FRIEND WHO IS DEPRESSED?**

*How do I know if technology is having an effect on my child's mental health or self-esteem?*

*How do I deal with hurtful rumours?*

### **HOW DO I KNOW WHEN MY CHILD'S EMOTIONS ARE A CAUSE FOR CONCERN?**

*This event, specifically for parents and caregivers, will give you practical tools to begin a dialogue with your child*

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*Brought to you by the South Okanagan Similkameen Child and Youth Mental Health and Substance Use Collaborative  
Funded by Doctors of BC and the BC Ministry of Health*

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**At the Shatford Centre**  
**For Parents and Caregivers Only**

**FREE**

To guarantee a space, email:  
[ida.keller@sosdivision.ca](mailto:ida.keller@sosdivision.ca)