



A WORKSHOP FOR PARENTS & CAREGIVERS

# Supporting Childrens Mental Wellness

Join Registered Social Worker Paulette Light & Family Well-Being Program for a practical, supportive session on how to help children thrive emotionally and mentally.

In this workshop, you will learn:

- Everyday ways to strengthen resilience & confidence
- How to recognize signs of stress, anxiety, or depression.
- Strategies to support emotional regulation
- When and how to seek professional support

**When: Thurs. May 28<sup>th</sup> 2026**

**Time: 5:00-7:00pm**

**Location: Family Services**

To Register Contact:

Nina Assance

Family Well-Being Worker

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