

Parents as Partners Conference

Workshop Session: C3

Room: 200C

Understanding Your Child's Mental Health & Well-Being

Behaviour Regional Services (BRS)

This presentation will address the following questions:

- What is stress, anxiety, and depression?
- How much is normal and healthy? How much is not?
- When I should be concerned with my child's mental health & well-being? What are the signs I should watch for?
- How do I encourage my child to use social media & screens appropriately, safely, and moderately?
- How can I help my child to increase their self-regulation & resilience?
- What are some ways to connect with my child & support their needs?
- What can I do when I need help?

Paul Szego

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I am a Psychologist with the Toronto District School Board, and part of the Behaviour Regional Services Team. I engage with students, teachers, and parents across the city, helping to understand and address student's emotional, cognitive, behavioural, and/or academic challenges.

Sabena Fredric

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I am a Social Worker with the Toronto District School Board. I have worked on the Autism team and Behaviour Regional Services team. I support students, school and families, especially around managing challenging behaviours.