

Coping Skills for Parents and Guardians of High School Students

- Learn about common stress and anxiety factors affecting our high school students.
- What are some common fears for both parents and students with high school populations changing to grades 7 to 12?
- How can parents and guardians support their young high school student?
- The importance of resilience, for you and your child.
- Services and support available to parents and caregivers in Ottawa and at your school.

Speaker: Shontelle Prokipcak, MSW, RSW, CCAC
Mental Health & Addiction Services of Ottawa



MENTAL HEALTH & ADDICTION
SERVICES OF OTTAWA

Wednesday, June 7, 2017
7:00 pm – 8:00 pm
Merivale High School

[1755 Merivale Rd, Nepean, ON](#)

Child-minding available
E-mail: isabelruddick@hotmail.com

