

May Mental Health Speaker Series

Virtual Sessions

Free webinars! This month's speaker series is all about supporting parents/caregivers, about making connections, and mental health.

Grab your lunch and join us online!



Data Speaks: Are We Listening? - Planet Youth Timmins & Planet Youth Timiskaming

English session: **May 1, 2025** • 12:00 -1:00

*Session en français: **le 2 mai 2025** • 12h00-1h00

Hear valuable findings about what youth in Timmins and Timiskaming are saying about growing up in the area, and what they believe they need to thrive! Don't miss out!

Transform Anger, Strengthen Relationships - Dr. Adele Lafrance, PhD

May 7, 2025 • 12:00-1:30

Don't miss this unique opportunity to explore a fresh perspective on an often misunderstood emotion!

The Benefits of Connection: Managing Mental Health for Parents & Caregivers - Stephanie Rese, RSW

May 14, 2025 • 12:00-1:15

Hear how connection benefits parents/caregivers as they learn how to best provide care to their children living with disabilities, exceptionalities, mental health, and addiction. Learn how to navigate personal wellbeing while taking care of your children's wellbeing.

Identity, Stength and Connection - Kristin Murray

May 21, 2025 • 12:00-1:00

Don't miss this powerful journey of heritage, unity and empowerment with a proud registered member of the Chapleau Cree First Nation and a descendent of a signatory of Treaty 9.

Parents for Children's Mental Health (PCMH): Peer Support - Cathy Corville

May 28, 2025 • 12:00-1:00

Come learn more about Children's Mental Health (PCMH), who they are, how they can help, and how you can connect; because when parents support each other, children thrive.

Proudly Presented by the North Eastern Ontario Mental Health Week Committee



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Canadian Mental
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Addiction and Mental Health Services
Association canadienne
pour la santé mentale
Cochrane-Timiskaming
Services de toxicomanie et de santé mentale

