

SHH...IT'S MENTAL HEALTH

A LUTHERWOOD SPEAKERS' SERIES



One in five Canadian youth have a treatable mental health issue. The stigma forces many to suffer in silence. Join us as we talk about teenage mental health and break the silence.

Cambridge Series

Social Media, the Law and Teenage Mental Health *March 22, 2012*

While social media has added a new dimension to communication, poor online behaviour such as bullying and sharing of sexually explicit material can have a devastating impact on teens. Lutherwood's Vanessa Miller and Waterloo Region Police Service Constable Matt Halliday present information about social media, the law and how to handle its impacts on your teen.

Understanding Self Harm *March 29, 2012*

Self harm is a very frightening behaviour that can leave parents and friends at a loss for direction. Lindsey Malec and Lutherwood's Jenni Smith will help you gain a better understanding of self harm, why teens engage in this behaviour, how to support those with these tendencies and where you can turn for help.

Fetal Alcohol Spectrum Disorder 101 *April 12, 2012*

FASD refers to a range of effects that can occur in an individual whose mother drank alcohol during pregnancy. The physical, mental, behavioural and learning disabilities caused by FASD can result in unemployment, mental health problems, inappropriate sexual behaviour and problems at school if not identified and supported promptly. Representatives of the Waterloo Region FASD Diagnostic Team including Karen Huber, Janet Carioni and Melanie Gravel will shed some light on FASD and answer your questions.

Financial Changes Affect Families *April 19, 2012*

Today's volatile economy is having a devastating impact on many families. Unemployment, wiped out savings and bankruptcies are issues that impact more than the bank account; they impact our relationships, our confidence and our self-worth. Lutherwood's Fran Elliott, Joan Stuart and Elisha Rivard join RBC's Marc Figueiredo to help people understand the impact today's economy can have on our mental health and how we can help ourselves and others move on with life.

All presentations will be held at:

Langs

E105/E106 Health Promotion Room

1145 Concession Rd

Cambridge, ON

All evenings will run from 6:30pm-8:00pm

FREE Admission and Parking

No Registration Required

Child minding service available

Transportation assistance available

For more information visit

www.lutherwood.ca

or call **519-884-1470**

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