



A WORKSHOP FOR PARENTS & CAREGIVERS

Supporting your Child's 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: Wed. October 15, 2025

Time: 5:00-7:00pm

Location: Family Services

Contact: Nina Assance

Family Well-Being Worker

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