

As part of Mental Health Week (May 2nd – 8th), Richmond SD 38 presents....

A parent information session on Adolescent Mental Health & Wellness – May 4th, 2022 (on Zoom) featuring:

Dr. Yifeng Wei, MA, PhD

Dr. Li Sha, MEd, PhD

Andrew Baxter, MSW RSW

This Parent Mental Health Literacy session is designed by mentalhealthliteracy.org for parents and families to improve their understanding of mental health and mental disorders, reduce stigma surrounding mental illness, encourage help-seeking and promote mental health. It is designed to align with the Mental Health & High School Curriculum Guide for youth and educators. The session aims to promote parent mental health literacy so that parents and families can support their children's mental health more efficiently and effectively.

This parent session will discuss the conceptual understanding about mental health, child brain development and common mental disorders occurring during adolescent years (e.g., depression, anxiety, attention deficit hyperactivity disorder, and substance use disorder). It further provides evidence-based help-seeking strategies and information about treatment options to support youth in need of mental health care.

Please see the attached information flyer for additional details and a weblink/QR code to register. Closer to the May 4th date, a Zoom link will be sent to those who have registered.