



## Mental Health First Aid Night – Parent Ed Presentation

### Free Parent Information Session

For all parents and caregivers of District 43 students  
Online registration is required for everyone attending

**Guest Speaker – Donna Bonertz Certified Career Development Practitioner  
28 years experience in the Mental Health Field**

### Topics Covered:

- How do we notice mental health problems?
- Asking about mental health and the importance of early intervention
- Being aware of our verbal and body language, de-escalating the situation
- Listening skills and leaning on natural supports
- How to get the appropriate help

**Date: Wednesday, November 13, 2019**

**Time:** 6:45 – 8:15 pm (doors open at 6:15 pm)

**Location:** Theatre – Gleneagle Secondary School  
1195 Lansdowne Drive, Coquitlam

**Online Registration Required** (for everyone attending):

<https://dpac43mentalhealthfirstaid2019.eventbrite.ca>

### Questions?

District 43 Parent Advisory Council (DPAC)  
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