



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?

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