



## Coming together to enjoy Summer and prepare for the Fall



In partnership with the York Region District School Board, York Hills Centre for Children, Youth and Families presents...

### **RESET AND RECHARGE - HOW TO RECONNECT WITH YOUR FAMILY AND SET UP FOR A SUCCESSFUL SUMMER!**

Presented by: Salwa Mawji (York Hills Clinical Navigator) and Ameena Ali (YRDSB Social Worker)

What a school year it has been! With the back and forth from face to face to online, and the uncertainty of imminent lock downs, this was a year like no other. Now, as the weather begins to warm and the summer begins, we recognize that parents/caregivers and children/youth, might have questions about what the summer will bring. This webinar aims to talk about the transition from school to summer, and provide parents/caregivers, with the skills and techniques to reconnect with their children in a supportive and fun way.

 **Thursday July 8 | 6:30PM-8:00PM | Zoom**

### **LETTING GO! FOSTERING SELF-COMPASSION AND SELF-CARE IN THE MIDST OF ANTICIPATED CHANGES AND CHALLENGES THAT MAY LIE AHEAD**

Presented by: Phoebe Chan (York Hills Child and Family Therapist) and Ameena Ali (YRDSB Social Worker)

Feeling stressed out? Is the uncertainty of anticipated changes wearing you down? Being a parent/caregiver during these unprecedented times can be difficult. Being kind to yourself is more important than ever. This webinar aims to provide strategies for fostering self-compassion and the importance of caring for your own mental and physical well-being. In this webinar you will specifically learn how to be in tune with your own mental health and well-being in order to support your children and youth.

 **Thursday July 29 | 6:30PM-8:00PM | Zoom**

### **RIGHT FOOT FORWARD - HOW TO START SCHOOL OFF ON THE RIGHT FOOT**

Presented by: Joanna Allison (York Hills Child and Family Therapist) and Elana Presement (YRDSB Social Worker)

The past two school years have been unpredictable for parents, children and youth. You may be asking yourself, "What will school look like in September?" It is common for parents/caregivers to experience anxiety and uncertainty related to academics, social and emotional well-being, and attending in-person or virtual learning. The same can be said for children and youth. This webinar will help you feel empowered in your role as a parent/caregiver navigating back to school routines and ensuring that your child has a smooth transition to the new school year.

 **Thursday August 12 | 6:30PM-8:00PM | Zoom**

### **CHECKING IN - HOW'S IT GOING SO FAR IN THIS SCHOOL YEAR?**

Presented by: Laurie Blow (York Hills Intensive Child and Family Worker) and Elana Presement (YRDSB Social Worker)

One month down, things are not going as planned at school. Now what? Join us to discuss what did and didn't work and how to troubleshoot for the future. Recognize that all plans need a back up, and we are here to support you in discovering some new ways of being and tackling these obstacles. Parents/caregivers will walk away with information and tools to help their child(ren) feel confident and successful, no matter that changes or transitions, and will learn ways to empower children/youth to find their voice at school and at home.

 **Thursday October 7 | 6:30PM-8:00PM | Zoom**

Register at  
[www.yorkhillscentre.eventbrite.ca](http://www.yorkhillscentre.eventbrite.ca)  
or scan the barcode!



 905-503-9560  
 [www.yorkhills.ca](http://www.yorkhills.ca)  
Find us on:   