**PARENT EDUCATION NIGHT**

**Thursday, November 26, 2015**

**7 - 9 p.m. @ David Thompson Secondary School Auditorium**

**(Address: 1755 East 55 Avenue, Vancouver, B.C.)**

***featuring Ocena van Samang on Mental Health in children & youth***

**Featured Speaker: Ocean van Samang, Biography**

Ocean van Samang is a trainer and consultant for Safer Schools Together. She has worked in the field of mental health and disabilities for more than 15 years. She is currently the Clinical Coordinator of the Child and Youth Crisis Program Fraser Health North Team. Ocean is a therapist and she has designed and facilitated numerous groups for youth and adults in the areas of communication, mental health conditions, self-esteem, resiliency, and mindfulness; developed curriculum for post-secondary institutions; and presented in various school districts to assist teachers and counsellors in finding strategies in educational environments to support children and youth with anxiety, depression, and self-harming behaviours. Ocean collaborates with schools and community partners to develop and support safe school teams, threat assessments, suicide prevention protocols, and mental health literacy.

**Program Description**

Join us for a 2 hour session focused on mental health in children and youth. This session will outline how to identify potential symptoms of depression or anxiety in younger children and adolescents. The evening will cover topics related to developmental stages, how the brain works in anxiety, as well as tips and tools for supporting young children and reducing stigma.

------------------------------------------------------------------------------------------------------------------------------------------

***PARENT EDUCATION NIGHT – THURS,. NOV. 26, 2015 ON MENTAL HEALTH IN CHILDREN AND YOUTH***

***Please send completed registration to Celina Mau, Oppenheimer School Principal***

**Single Registration Fee @ $10/person** - Please find enclosed my registration for the event.

Name of Registrant: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Group Registration @ $10/person** - Please find enclosed a total of $\_\_\_\_\_\_\_\_\_ for \_\_\_\_\_ registrants from \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ School.

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 6.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_