



# Skills Workshop to Support Your Child's Mental Health

Presented by Cheryl Fernandes, Ph.D, C.Psych,  
and Marlene Traficante MSW, RSW

**DATE:**  
Monday June 17<sup>th</sup> &  
Tuesday June 18<sup>th</sup>

**TIME:**  
9:30 a.m. – 4:00 p.m.

**LOCATION:**  
6523 Mississauga Road  
Mississauga ON  
L5N 1A6

**FEE:**  
\$450 for single attendee  
\$800 for couple

## What is the Skills Workshop?

Whether it is fear, sadness, anger, acting out, coping with change, or self-harm, caregivers often need support understanding and coaching their child. The Skills Workshop can help you to support your child to handle big emotions and problematic behaviours. This workshop will help you to better understand mental health problems. Caregivers have told us that they are more confident in helping their child as a result of this workshop.

The Skills Workshop is a 2-day workshop offered to caregivers of youth experiencing mental health difficulties. The Skills Workshop is based on Emotion-Focused Family Therapy (EFFT).

The workshop is a full 2-days, from 9:30 a.m. to 4 p.m. at B&C Health. Caregivers *must attend both days* if they decide they want to do the workshop.

## REGISTRATION:

Please contact your clinician or the clinic directly at 905-814-8200 or [workshops@bnchealth.ca](mailto:workshops@bnchealth.ca) to register.

## LUNCH AND REFRESHMENTS:

Morning and afternoon refreshments will be provided. Restaurants in the area include: Burger King, Wind Thai and Japanese, Tim Hortons, Wendy's and Swiss Chalet.

**B&C Health is located at Mississauga Rd and Erin Mills Parkway, just South of the 401.**

**FREE PARKING AVAILABLE ONSITE.**