



Worry

Sadness

Social Skills

Anger

Self-Harm

**Substance
Alcohol**

Defiance

Eating

Anxiety

Aggression

Attention

ABC

The ABCs of Mental Health

**Worried about your child's mental health?
Looking for strategies to help your child?**

Join us starting the week of May 4th for a series of webinars addressing:

1. What behaviour is age-appropriate and what is cause for concern
2. What are some of the factors that may influence behaviours
3. Strategies to support your child and foster mental health

Webinars are presented by age group: ages 3 to 12 and ages 13 to 18.
Cost is \$10 per webinar.

**Visit hincksdellcrest.org then click
Our Institute - Parent Webinar Series
for full schedule and to register.**

The Hincks Dellcrest Centre is a children's mental health treatment, research and teaching centre. The Gail Appel Institute offers continuing education to mental health professionals, and programs for parents/caregivers and educators.

**The
Hincks-
Dellcrest
Centre**

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