

Parents as Partners Conference

Workshop Session: B7

Room: 202A

Parents as Partners Supporting Children's Mental Health & Well-Being

Mental Health and Well-Being Parent Partnership Committee

Parents/caregivers play a key role in helping students be successful both in school and in life. This session will discuss the important role that parents/caregivers play in supporting their child/youth's mental health and well-being. We will offer foundational knowledge about mental health and well-being, share resources, provide information and ideas about how you can be involved in supporting the development of mental health and well-being with your child both at home and school.

Heather Johnson

Mental Health Lead TDSB

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As part of a provincial team supported by School Mental Health ASSIST – Ministry of Education Heather is involved in developing, implementing and supporting the TDSB's Children and Youth Mental Health and Well-Being Strategy. Heather is passionate about helping to raise awareness about the importance of creating welcoming, safe, inclusive schools which foster the well-being of all students. Heather's social work experience includes working in schools, children's mental health, child welfare and hospitals. This will session will be co-facilitated by members of The Parents as Partners Supporting Mental Health & Well-Being Committee developed through the TDSB's Mental Health & Well-Being Strategy.