



Dealing with bullying

January 19, 2019

Dealing with stress

February 2, 2019

Increasing motivation

March 2, 2019

Increasing self-esteem

April 13, 2019

Workshops run from 10:00am to 1:00pm

Young Minds Matter

A series of workshops for parents and children ages 8-12

This series is for parents who want to learn **practical** and **proactive** strategies to help their children cope with challenging issues.

Workshops are limited in size.

Please register early to secure your spot!

We offer discounts to families who attend 3 or more workshops.

For more information or to register for any of these workshops, please contact ymm.series@sickkids.ca or call the Social Work Department at 416-813-6805

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