Children’s Mental Health Week Events  
May 1 – 5, 2017

**1 MAY**

- Mindfulness/Mental Health Interactive Presentation: 
  *Listening Inside: A Young Person’s Guide to Mindfulness*

  **Opening Remarks:** Christina Bartha, Executive Director, Brain & Mental Health Program

  **Speakers:** Elaine Smookler & Sara Marlowe with Music Therapists, Hannah You & Carolyn Williams

  **Time/Location:** 12:00 - 1:00 p.m. Rotunda (First Floor)

- Breathe in & Shine: Music, Mindfulness & Fun for Children & Families with Ani Jamyang Donma & Special Guest Sara Marlowe

  **Time/Location:** 4:00 - 5:00 p.m. Marnie’s Lounge Studio

**2 MAY**

- MPA Grand Rounds: *Integrating Mental Health & Diabetes Management: A Collaborative Care Approach*  
  *An academic lecture*

  **Speakers:** Dr. Ian Zenlea, Deepy Sur & Sheryl Parks

  **Time/Location:** 12:30 - 1:30 p.m. Daniels Hollywood Theatre (First Floor)

- Medical Psychiatry Alliance (MPA) Information Fair:
  *Learn about the MPA’s exciting research projects focused on better integrated care for children, youth & their families, including screening tools & more!*

  **Time/Location:** 11:00 a.m. - 3:00 p.m. Garden Patio, Main Hospital Atrium (Near Elizabeth Street Entrance)

  - Mindfulness in Action

  **Speaker:** Julia von Flotow, Executive Life Coach, Therapeutic Touch Network of Ontario

  **Time/Location:** 12:00 - 1:00 p.m. Rotunda (First Floor)

**3 MAY**

- Children’s Mental Health Information & Resource Fair
  *Stop by and learn about the great mental health focused resources, services & information available at SickKids!*

  **Take away printed mental health educational materials, contacts, information & more!**

  **Time/Location:** 11:00 a.m. - 3:00 p.m. Garden Patio, Main Hospital Atrium (Near Elizabeth Street Entrance)

- Engaging Youth in Mindfulness: *Integra Mindfulness Martial Arts*

  **Presented by:** Drs. Ruth Slater, Karen Milligan & Trish McKeough

  **Time/Location:** 12:00 – 1:00 p.m. Rotunda (First Floor)

**4 MAY**

- C-BMH Grand Rounds: *Becoming our own Best Friend, Worries, Warts & All: Mindfulness & Self-compassion with Children*

  *An academic lecture*

  **Speaker:** Sara Marlowe, MSW, RSW

  **Time/Location:** 11:00 a.m. - 12:00 p.m. Daniels Hollywood Theatre (First Floor)

**5 MAY**

- Story Time with Sara Marlowe, MSW, RSW  
  *Author of No Ordinary Apple & My New Best Friend*

  **Time/Location:** 11:00 a.m. - 12:00 p.m. Children’s Library or tune in to watch LIVE on SickKids Channel 41

Questions? Contact: brain.mentalhealth@sickkids.ca

www.sickkids.ca/brain-mental-health