

---

# Free parent workshops

## for parents of teenagers

---

### Talking with your teen about suicide and self harm

This workshop will offer support for caregivers on how to talk with their teens about suicide and self-harm. Caregivers who attend this workshop will learn about the common signs that their teen is thinking about suicide, the factors that can increase (and those that can lower) suicide risk, why teens self-harm, and what to do in crisis situations.

In the spirit of talking openly about suicide and self-harm, there will be an opportunity at the end of this workshop for caregivers to address any specific questions to the presenters.

Presented by Heather Robertson, MSW, RSW, and  
Gwyneth Hodgins, MSW, RSW

Registration is required and child care is available.

---

**Wednesday, October 30, 2019**  
**6 to 8 p.m.**

1645 Sheppard Avenue West, Toronto  
SickKids Centre for Community Mental Health

To reserve your spot email with details  
[familiesfirst@sickkidscmh.ca](mailto:familiesfirst@sickkidscmh.ca)  
or call 416-924-1164 ext. 2167



**SickKids<sup>®</sup>**  
Centre for  
Community  
Mental Health