
Free parent education workshop

for parents of teenagers

Talking with your teen about suicide and self harm

Thursday June 21, 2018
6 – 7:30 p.m.

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

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 Lorne Sugar, Ph.D., C. Psych ,
Josh Goodbaum, MSW, RSW

**Registration is required and
child care available**

To reserve your spot email with details

familiesfirst@sickkidscmh.ca

OR call 416-924 -1164 ext. 2167



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