

# Mental Wellness Night

Hosted by Apohaqui Elementary Parent School Support Committee

## Wednesday, April 15<sup>th</sup> 6-8pm

Held at Apohaqui Elementary School, 23 Foster Ave. West, Apohaqui, NB

We are offering AES families and the general public an opportunity to speak with mental health professionals on issues regarding the mental health and wellbeing of our children, family members, and ourselves.

If you have questions, these professionals have some answers.

Numerous experts will be on hand to offer information, resources, and answer your questions on various topics from autism, anxiety, socialization, trauma, and suicide prevention; to nutrition and resilience, sleep, exercise, relaxation/massage, internet safety, and where to go for counseling services.

We will also have three guest speakers:

6:15 p.m. – Dr. Pam Dodsworth- District Psychologist (ASD-S) - **Children and Trauma**- How traumatic experiences can impact the lives of children. From one incident to ongoing situations; everything from grief, to child abuse or divorce causes trauma and stress that can have an impact on children.

6:45 p.m. - Gary Hall- Director of Early Childhood Services (Anglophone South)- **Fun Friends**- A play-based program for building resilience in Kindergarten and Grade one children. The Fun Friends program focuses on increasing social-emotional skills, coping skills, and resilience to prevent the onset of emotional and behavioural problems in later life.

7:15 p.m. - Andre Robichaud- Technology Mentor (ASD-S) - **Internet Safety** - What do I teach my child about the internet? What not to do when it comes to children and computers?  
How do I help my children use the internet safely?

**This event is free and open to anyone who would like to attend.**

**Door Prizes!**

We are offering a limited number of spaces for childcare from 6-8 pm.  
Childcare must be pre-booked and is available on a first come-first served basis.  
For further details on child care, please contact us ASAP at 432-2021.