



## Financial Changes Affect Families

April 19, 2012

Today's volatile economy is having a devastating impact on many families. Unemployment, wiped out savings and bankruptcies are issues that impact more than the bank account, they impact our relationships, our confidence and our self-worth. Lutherwood and RBC are offering this seminar to help people understand the impact today's economy can have on our mental health and how we can help ourselves and others move on with our lives.

*Fran Elliott, MSW, RSW is a Youth Court Mental Health Worker with 20 years experience providing therapy to youth and their families with a variety of mental health issues.*

*Joan Stuart MTS, RMFT, a Clinician with Lutherwood Family Counselling Services, provides counselling support for children, youth and their families with a variety of mental health issues as well as in-school counselling in a number of Cambridge public secondary and elementary schools.*

*Elisha Rivard, Lutherwood Employment Consultant, has more than 8 years of experience working with adults and youth who struggle with their employment and long term goals.*

*Marc Figueiredo, RBC Royal Bank, is a branch manager in the Cambridge community with over 12 years experience providing budgeting advice to clients with a variety of financial circumstances as well as providing advice to financially distressed clients in difficult times.*

All presentations will be held at:  
Langs  
E105/E106 Health Promotion Room  
1145 Concession Road  
Cambridge, ON

All evenings will run from 6:30pm-8:00pm

**FREE Admission and Parking**  
No Registration Required  
Child minding service available  
Transportation assistance available

For more information visit  
[www.lutherwood.ca](http://www.lutherwood.ca)  
or call 519-884-1470

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*Lutherwood is a not-for-profit organization that provides a wide range of children's mental health, employment, housing and family counselling services to more than 20,000 people in Waterloo Region and Wellington County.*

# SHH... IT'S MENTAL HEALTH A LUTHERWOOD SPEAKERS' SERIES



One in five Canadian youth have a treatable mental health issue. The stigma forces many to suffer in silence. Join us as we talk about teenage mental health and break the silence.





## Social Media, the Law and Teenage Mental Health

March 22, 2012

Today's youth communicate almost exclusively through social media. Unfortunately, this medium has given rise to online behaviour such as bullying and sharing of sexually explicit material which can have a devastating impact on our teens. Lutherwood and the Waterloo Region Police Service will present information about social media and the law, and how to handle its impact on your teen.

*Vanessa Miller has 11 years experience working with youth who have struggled to recover from traumatic events.*

*Constable Matt Halliday is a Community Resource Officer and 8 year veteran of the Waterloo Region Police Service.*



## Understanding Self Harm

March 29, 2012

Self harm is a very frightening behaviour that can leave parents and friends at a loss for direction. In this seminar, you will gain a better understanding of self harm, why teens engage in this behaviour, how to support those with these tendencies and where in our community you can turn for help.

*Lindsay Malec MSW, RSW, has always been passionate about the topic of self harm and has experience in both researching and teaching on this topic.*

*Jenni Smith, Lutherwood Child and Youth Worker has 10 years experience working with complex young people some of whom have struggled with self harm behaviour.*



## Fetal Alcohol Spectrum Disorder 101

April 12, 2012

FASD refers to a range of effects that can occur in an individual whose mother drank alcohol during pregnancy. The physical, mental, behavioural and learning disabilities caused by FASD can result in unemployment, mental health problems, trouble with the law, inappropriate sexual behaviour and problems at school if not identified and supported promptly. Representatives of the Waterloo Region FASD Diagnostic Team will present information about FASD and answer your questions.

*Karen Huber, Lutherwood Child and Youth Counsellor has 15 years of experience working with children and youth with mental health disorders.*

*Janet Carioni, Occupational Therapist at KidsAbility, recently expanded her private practice Skipping Stones Developmental Therapy Services to include multidisciplinary FASD assessments.*

*Melanie Gravel, Speech and Language Pathologist with the Waterloo Region District School Board has been providing assessments and consultation to children and youth in Waterloo Region for 10 years.*