

The Mayfield Secondary School Parent Council invites you to

# GET CONNECTED: MENTAL HEALTH MATTERS



Monday February 11, 2019 7pm to 8:30pm in the school auditorium

## Workshop on Gaming and Mental Health

Speaker: Garth Buckley, Clinical Coordinator of Concurrent Disorders with Peel Children's Centre

This workshop will:

- Look at what makes gaming addictive;
- Highlight students who are most vulnerable to becoming addicted;
- Note the connections between gaming addictions and mental health disorders
- Discuss some strategies that are proving to be effective when parenting young people who develop a gaming addiction and who also have mental health challenges.
- Parents will have an opportunity to share their experiences and discuss any concerns they have regarding gaming and their children

All welcome. No cost.

For more information please email the Mayfield Parent Council at

[Mayfieldss.council@peelsb.com](mailto:Mayfieldss.council@peelsb.com)

