



**The Family and School Support and Treatment Team  
in conjunction with the Centre of Excellence for Mental Health  
present the**



## **2017–2018 LECTURE SERIES**

The lectures take place from 7:00 p.m. – 9:00 p.m. in the Boardroom of the Lester B. Pearson School Board, 1925 Brookdale Avenue, Dorval, QC H9P 2Y7. The fee for registration is \$25.00 per person for the series. **The registration deadline is Friday, September 29, 2017.** For more information, please contact Maureen Hunt ([mhunt@lbsb.qc.ca](mailto:mhunt@lbsb.qc.ca)), or call 514-422-3000, extension 32593. *Please note that the Lecture Series will also be webcast live at <http://www.lbpsb.qc.ca>.*

### **WEDNESDAY, OCTOBER 11, 2017**

*Dr. Susan Rodger, Ph.D., C. Psych, Psychologist and Associate Professor in the Graduate Program in Counselling Psychology at the Faculty of Education at Western University and a Research Associate at the Centre for Research and Education on Violence Against Women and Children and the Centre for School-Based Mental Health.*

#### **Building Wellness for Educators: From Burned Out to On Fire:**

What does wellness look like, and how do we know if we have it? This session will explore wellness and stress, and the connections between students, teachers and schools. As we talk about the unique demands placed on educators and school staff, we will begin to build strategies for strength. Together, we will flip the script from “burned out” to “on fire”, and share what we can do to create and build wellness for ourselves, our families, our students and schools.

### **WEDNESDAY, NOVEMBER 15, 2017**

*Sharon Casey, M.A., Trainer-consultant in suicide prevention, Suicide Action Montreal*

#### **Suicide prevention in schools: strategies for administrators, student services teams, and teachers:**

Youth suicide is a difficult topic that generates a great deal of stress and anxiety in school settings. Schools need clear guidelines about what to do (and what not to do) to prevent suicide and to manage crisis situations. Sharon Casey will review effective practices for schools and provide an opportunity for administrators, mental health and student services teams, and teachers to reflect on their roles and to discuss ways they can work together to contribute to suicide prevention.

### **WEDNESDAY, FEBRUARY 7, 2018**

*Dr. Delphine Collin-Vézina, Clinical Psychologist, Associate Professor, McGill School of Social Work and Department of Pediatrics & Director of the Centre for Research on Children and Families, McGill University.*

#### **Changing our lens about troubled kids: The complex interplay between childhood traumas, mental health issues and behavioral problems:**

In this presentation, Dr. Collin-Vézina will discuss how early traumatic experiences can disrupt a child’s developmental trajectory and affect a broad range of areas: attachment, emotion regulation, identity, cognitions, and even altering the child’s biology. Stress responses to traumatic events can be both lasting and detrimental, particularly when these events go undetected and the outcomes unaddressed, a regrettably common situation. This presentation will discuss concrete strategies to shift perspectives about traumatized children and youths – who are too often (mis)labelled as troubled kids - by adopting trauma-informed principles as caregivers, educators and child-serving professionals.

### **WEDNESDAY, MARCH 14, 2018**

*Dr. Cindy Finn, Ph.D., Psychologist, Director of Student Services, Lester B. Pearson School Board*

#### **Responding in times of crisis – what schools can do to support students:**

Critical incidents such as natural disasters, accidents, community violence, or death can profoundly affect a school community. How do students react in the face of traumatic events and critical situations? What can schools do to support staff and students in times of adversity?

Please return this portion along with payment to Maureen Hunt, FSSTT, c/o Horizon High School, 90 Jubilee Square, Pointe-Claire, QC H9R 1M3. You may also register by e-mail at: [mhunt@lbsb.qc.ca](mailto:mhunt@lbsb.qc.ca).

**REGISTRATION FEE: \$25/participant (a receipt will be provided)    REGISTRATION DEADLINE: Friday, Sept. 29 2017**

**Name:** \_\_\_\_\_

**Payment:**

**School:** \_\_\_\_\_

**Personal cheque payable to Lester B. Pearson School Board**

**Title:** \_\_\_\_\_

**DOFIN (LBPSB only) – Budget Code:** \_\_\_\_\_

**E-mail:** \_\_\_\_\_

**Thank you!**