

WORKSHOPS FALL 2026 - 6:30 p.m. to 8:00 p.m.

Parenting my child!

Navigating the gap between parenting and technology | In person

October 27

For parents only:

Breaking down social media, impacts on Youth and best parental Practices

October 28

For parents and youth (attend together!):

Presentation from a Community Officer (SPVM)
Social media laws, regulations and parental controls and managing technology at home

UNPACKING MENTAL HEALTH: supporting yourself and your child | In person

November 10

What is anxiety and depression?

November 11

Understanding how environmental factors, family influences, and trauma impacts a youth's mental health

November 17

How to support your youth with mental health challenges

November 18

How can parents be more mindful and promote self-care



TO REGISTER

Scan the QR code to complete the [online form](#).



FOR MORE INFORMATION

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