

# What's Up Wilmot

FREE!

January 8, 2019  
6:00pm-7:30pm

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Wilmot Recreation Complex, 1291 Nafziger Rd. Baden, ON  
Wayne Roth Room (second level, inside the track)

## Encouraging Resilience in our Kids and Teens

In this workshop parents will learn tools and strategies to combat stress and foster resilience in their children across various age groups (preschool, school age and teenagers). This session will include practical suggestions, take home resources and lots of time for questions.

### Speakers

Sydney Bell, MSW works with Carzion Family and Community Services as a social worker and Program Lead for the Ontario Network of CAPC/CPNP Projects. Her social work experience is broad based as she has worked in the areas of community development, parent education, clinical support and advocacy. She has been educating families, organizations and communities about the power of Developmental Assets for over 10 years.

Fiona Roth, MSW, RSW, CPT, works as a Therapeutic Counsellor and Certified Play Therapist at Interfaith Counselling Centre. She specializes in treating child/adolescent mental health issues including attachment, trauma, anxiety, depression, behavioural issues, low self-esteem, life transitions and parenting coaching. She has 20 years of a variety of social work experiences including children's mental health, child welfare and developmental services.