

# Want to know more about how to support your child's well-being?

**FREE**

## Free webinar series for parents and caregivers

Join us for conversations on important mental health and substance use health topics identified by parents/caregivers in Ontario.

**4 webinars | Subject matter experts | Q&A**

**Webinar 1 – March 5:** Conversations about balanced device use

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**Webinar 2 – April 10:** Conversations about vaping

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**Webinar 3 – May 7:** Conversations about body image

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**Webinar 4 – June 5:** Conversations about anxiety

**Learn more and  
register today!**



**[bit.ly/4kj5kfP](https://bit.ly/4kj5kfP)**



**School Mental Health  
Ontario By Your Side**

Parent/caregiver resources to  
support mental health learning  
and well-being for every family