

# Parents Night Out!

## Mental Health And Suicide Prevention

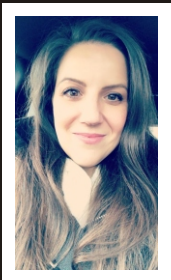
Date: Tuesday, April 10th 2018 @ 7pm

Location: Erin Public School



### Ann Douglas

Author, Writer, Speaker, Mentor, Parenting Expert. Ann is a dynamic award winning writer of the book called, Parenting Through The Storm. She is a member of the Editorial Board for the Centre of Addiction and Mental Health and the social media Team for The Canadian Red Cross.



Speaker on Mindful Parenting and Mindfulness for Children and Teens. Jennifer has practised Mindfulness since 2007. Her specialty is treating trauma and mental health. Jennifer is the Co-Founder of Exhale Academy for Healing and Personal Development. Please visit her website for further information: [www.JenniferBrighton.com](http://www.JenniferBrighton.com) We thank Jennifer for her kind donation of her book Jack the Jack Pine: A Mindful Discovery for all who attend our workshop.

### Jennifer Brighton

Author, Public Speaker, Teacher of Mindfulness, Psychotherapist and Life Coach.



### Dr. Mark Sinyor, Msc., MD, FRCPC

Psychiatrist, Sunnybrook Health Sciences Centre. Assistant Professor, Department of Psychiatry, University of Toronto

Dr. Sinyor's focus is on mood and anxiety disorders. He targets suicide prevention and mental health literacy. He is an accomplished writer contributing to many peer-reviewed publications such as The Canadian Medical Association Journal.

