

Post-Pandemic Mental Health: Moving Forward

Join **Kevin Cameron** as he shares information and strategies relating to post-pandemic mental health for ourselves and our child/ren.

A survey by CMHA Ontario showed that nearly half (48 per cent) of Ontarians say their mental health has worsened over the past two years. Juggling work, home and caregiving responsibilities resulted in moderate to high levels of stress for parents during the course of the pandemic and our stress levels continue to be pushed.

How can we focus on our mental health to improve the wellbeing of our children and ourselves?

Following the presentation, there will be opportunities to ask questions.

Kevin Cameron, M.Sc., R.S.W., B.C.E.T.S., B.C.S.C.R., is the Executive Director at the Centre for Trauma Informed Practices. He is a Board Certified Expert in Traumatic Stress, Diplomate, American Academy of Experts in Traumatic Stress.

November 8, 2022

6:00 - 7:00 pm

[Register Here](#)



Upper Grand
District School Board



Canadian Mental
Health Association
Waterloo Wellington

Association canadienne
pour la santé mentale
Waterloo Wellington



Community
Resilience Coalition
Guelph & Wellington