



# NATIONAL CHILD & YOUTH MENTAL HEALTH DAY

Online Event for Parents and Caring Adults

with Kim Barthel

**CONNECTING WITH KIDS:** We know that having caring, connected conversations can significantly impact the mental health of children and youth. Join us to listen to Kim Barthel talk about having more self-compassion, self-awareness and knowledge about the art and science of relationships. Our kids mean so much to us, and yet disconnection, dissociation and even the potential for self-harm is very real. A holistic and engaging story-teller, Kim will introduce the basics of attunement, attachment theory, trauma-sensitive practice, sustainable self-care and above all the power of connection and inclusion.

Kim Barthel is a Canadian occupational therapist, speaker, multi-disciplinary teacher, mentor and best-selling author who is active in supporting people in many contexts globally. Kim is passionate about understanding mental health, complex behaviour, neurobiology, movement, trauma-sensitive practice, attachment, sensory processing and learning. [KimBarthel.ca](http://KimBarthel.ca).

**DATE:** Tuesday, May 7, 2024

**TIME:** 6:00pm - 8:00pm (PST)

**REGISTRATION REQUIRED:** [familysmart.ca/events](http://familysmart.ca/events)

This event is part of FamilySmart's National Child & Youth Mental Health Day celebrations, for more info and resources go to: [may7icare.ca](http://may7icare.ca)

