



Toronto District School Board

Learn about

- ✓ Anxiety
- ✓ Eating disorders
- ✓ Substance use disorders
- ✓ Signs and symptoms of depression

Understand

- ✓ Pressures facing visa students
- ✓ Adaptations
- ✓ Loneliness
- ✓ Internet addiction
- ✓ Unrealistic expectations

Mental Health Workshop

for Custodians/Parents of
International (Visa) Students

Presented by Dr. Jon Li

*From: Hong Fook Mental Health
Association*

Saturday, Dec. 7, 2013

9:30 – 11:00 Mandarin

10:30 – 12:30 Community Agencies

Display

12:00 noon – 1:30 p.m. English

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