



Community Learning Centre



Commission scolaire English-Montréal

English Montreal School Board

École Secondaire LAURIER MACDONALD High School
7355 Viau, Saint-Leonard H1S 3C2
Tel: 514-374-6000 Fax: 514-374-7220

January 2009

Dear Parents, Guardians,

The Laurier Macdonald Community Learning Center, in conjunction with the Mental Illness Foundation, organizer of the **Partners for Life Program**, will be hosting a Parent Workshop. This interactive session will be made available through our Center's Video Conferencing Unit.

Depression is an illness that affects people of all ages, including teenagers, and it is treatable. Depression that goes undiagnosed or untreated has serious and dangerous implications. Early detection is crucial, and action must be taken before it worsens and a crisis can occur. The message addressed is one of hope: you can beat it and you can help your friend or loved one beat it.

The Objectives:

- By informing parents that depression is a treatable illness
- By explaining the gravity of depression and its consequences, suicide being the most important.
- By distinguishing between depression and the blues
- By informing them about treatments and steps to take if they or someone close to them may be suffering from depression, and helping them guide their friends or loved ones towards Understanding how our children learn leads to improvements in a child's academic performance and raises self-esteem.

**Place: Laurier Macdonald High School 7355 Viau (Door #15, back entrance)
Community Learning Center**

Date: February 9th 2009

Time: 7:00 pm to 9:00 pm

RSVP: By February 5th, 2009 by calling

Gina Bergantino, Coordinator

Laurier Macdonald High School (514) 374-6000