



The Journey after the NICU: Supporting Health & Wellness for Parents and Health Care Providers – Workshop

SUNDAY, APRIL 7, 2019 | 10 am to 5 pm
Sheraton Toronto Airport Hotel

Join the Canadian Premature Babies Foundation and the Canadian Association of Neonatal Nurses for a full day workshop that will explore the journey for parents of preterm infants after discharge from the NICU.

This workshop will focus on supporting parents' mental health after their stay in the NICU by providing opportunities to share experiences, and to gain practical strategies on achieving health and wellness.

Session topics will include:

- Canadian Premature Babies Foundation (CPBF) – Helpful Tools & Resources
- Trying Again after a Perinatal Loss or Stay in the NICU
- From Rules to Relationships: Finding Flexibility and Meaning in the NICU
- NEOTalks: Behaviour Science in Action: Show Me What It Looks Like! | Supporting Children's Success: Developmental Coordination Disorder and Visual Therapy
- Supporting Dads: Father's Mental Health
- A special presentation by Ann Douglas, bestselling author of many parenting and mental health books including: *Parenting Through the Storm* and her new book *Happy Parents, Happy Kids*

For the workshop agenda and details, or to register visit the CANN website www.neonatalcann.ca



Parents \$ 20 Health Care Providers \$75 / \$90 Students \$50

Registration fees are subject to HST, and include participation in the workshop and a light lunch