



# CROSSROADS

## Re-imagining better mental health care for kids and families

### 2021 CMHO Virtual Conference

## November 22 to December 3

Sponsored by



Knowledge Institute on Child and Youth  
Mental Health and Addictions

Institut du savoir sur la santé mentale et les  
dépendances chez les enfants et les jeunes

# Land Acknowledgement

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**We would like to acknowledge that we are joining from across Ontario from Aboriginal land that has been inhabited by Indigenous peoples from the beginning. As settlers, we're grateful for the opportunity to meet here, and we thank all the generations of people who have taken care of this land for thousands of years. We recognize that Indigenous practices of health and well-being have been in place in this territory for over 10,000 years and are maintained to this day. As healthcare leaders, we have much work to do ourselves to do our part and support the de-colonization of children's healthcare systems.**





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## Knowledge Institute on Child and Youth Mental Health and Addictions

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# Thank you to our Sponsor



# Parental Mental Health – Facilitating Positive Interdependence

**Leanne Minichillo**

Creator of [parentalmental.com](http://parentalmental.com)



# TELL YOUR STORY

This is what happened:

Before

...and then,

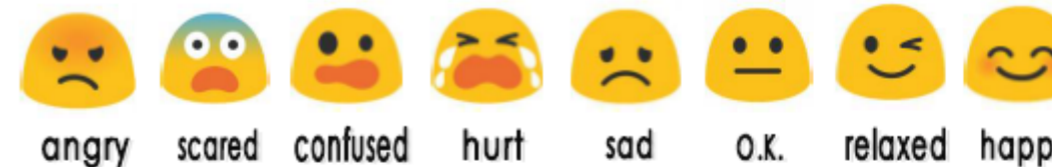
During

...and then,

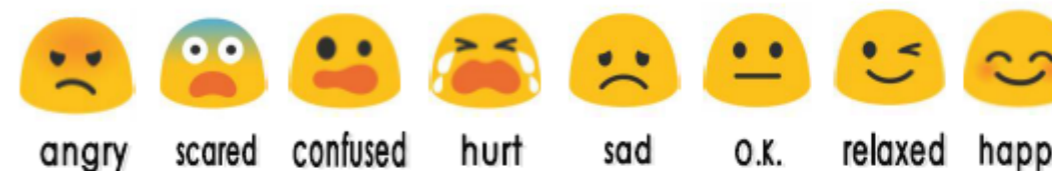
After

and now... ↩

I feel:



I want to feel:

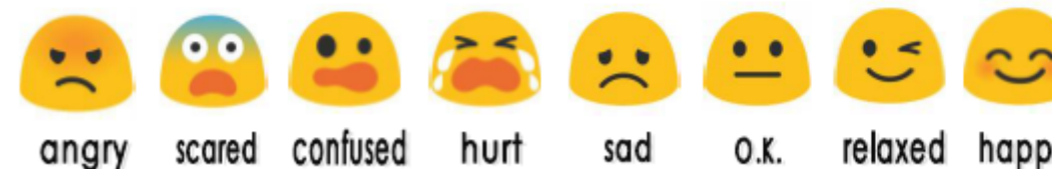


To feel that way, I need:

Someone who can help me to get what I need is:

\_\_\_\_\_ and/or \_\_\_\_\_

Now I feel:



2019 - @imLeanneM



# PARENTAL MENTAL

.COM

An honest forum for parents to share experiences and feelings while navigating our own mental health challenges, including mental illness.

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 @parentalmental