

MENTAL WELLNESS FOR OUR CHILDREN

How We Can Help



SOCIAL-EMOTIONAL LEARNING is a high priority for Country Day and is always at the forefront of discussions with our staff and faculty. As we continue to see an increase in anxiety, depression, suicidal ideation, and other mental disorders, it is critical that we are aware of what we can do to support our children of all ages.

As part of the Parents' Association's mission of building community and creating connections, we are excited to host an evening with two leading industry experts to speak to our community about the mental impact the pandemic has had on our children, tips for parents, and partnership support at Country Day.

Monday, November 8

6:30 p.m

Keeler Theater on CCDS Campus



DR. MICHAEL SORTER is the medical director of the Division of Child and Adolescent Psychiatry at Cincinnati Children's Hospital Medical Center (CCHMC) and a professor in UC's Department of Pediatrics. Dr. Sorter is a national expert who works with children and teens and their families to understand mental health challenges they face and determine their best course for action and recovery.



SUSAN SHELTON is the executive director of MindPeace. Through Country Day's relationship with MindPeace, we recently partnered with CCHMC to provide families the choice of accessing quality mental health treatment services with a lead school based mental health partner on our campus. We are thrilled to have this partnership with MindPeace, as it creates another layer of support for our students.

Join us at 6:00 p.m. to grab a cup of coffee and then stick around for a cocktail and light bites after the presentation. Friends of CCDS are welcome! RSVP before November 5 using the QR code below or by visiting CountryDay.net/go/PAspeaker. *This is an adult-only event.*



Parents' Association

Creating Connections ... Building Community