



Claude Watson School Council Invites you to...



Depression to Expression a Discussion to Support Parents as they support their Children with Mental Health & Well-Being

Scott Ste Marie is the Founder of Depression to Expression and has been speaking openly about positive mental health since 2013. Scott has achieved success working for some big names, including Twitter and the Canadian Mental Health Association, and has built a successful business. He lives his passion every single day, promoting mental health online as a YouTuber, and offline as a speaker. Everything Scott teaches is from personal experience and grounded in the latest scientific literature.

15K

**REACHED THROUGH
LIVE TALKS**

12M

**REACHED
ONLINE**

45K

**UNIQUE VIEWERS
EVERYDAY**

What Parents Learn

- Must know definitions and warning signs of mental health problems
- Canadian statistics and trends in student mental health
- How social media and screen time directly impact mental health
- How to promote a dialogue of vulnerability with their children

Date: Tuesday, February 19th, 2019

Time: 6:45 pm

Location: Claude Watson School for the Arts Multi-Purpose Rm.

Parents and Staff welcome (adults only preferred)

Additional parking available at Earl Haig S.S.

An honest dialogue about mental health.

"The work that Scott is doing through Depression to Expression is not just important but critical to help individuals facing these issues and for the family and friends who support them. Highly recommended!"

– **Jeremiah Brenner - Lead, Corporate Responsibility at Loyalty One**

"Scott drew on his own experience to talk about the realities and misconceptions about mental illness, what tools exist to help students if they are struggling, and how to build resilience. As we continue to make mental health a topic of conversation at Greenwood, Scott provided a timely reminder about the importance of opening up these conversations and continuing to seek productive ways to look after our own mental health and wellbeing."

– **Erin Taylor, Communications Officer at Greenwood College**

"Scott's presentation was valuable to both students and staff. Scott's insight into human nature helped everyone understand themselves better and from there how to be happier and in control of their lives"

– **Dr. Andrew Fuyarchuk, Principal at Keystone Schools**

The multi-year strategic plan prioritizes student wellbeing. We're here to help.



Speaker | YouTuber | Human

Learn more at depressiontoexpression.com
Watch Scott's speaking reel and TEDx talk!

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