



Christine Kritzas, M.A. (South Africa)
PSYCHOLOGIST & EDUCATION DIRECTOR

Christine Kritzas is a psychologist committed to exploring and developing every person's individuality and unique potential in a collaborative and therapeutic relationship. With over 11 years of experience as a practicing psychologist, she has worked extensively with children and adults, and within the corporate sector. Christine is also the creator of the Smart Heart Board Game® - a board game that aims at facilitating emotional expression in children. She is a frequent guest on radio and has contributed to publications such as Gulf News, Khaleej Times, and The National.



ONLINE WEBINAR

YOUR CHILD'S MIND MATTERS

Date:

Time:

This is a 45-min webinar followed by 15-mins for Q&A and discussion

ABOUT THIS WEBINAR:

Children are masters at masking their feelings, and the nature of mental health illnesses are often invisible to the eye. According to the World Health Organization, 1 in 5 children struggle with a mental health difficulty.

The impact of the COVID-19 pandemic has exacerbated symptoms of anxiety and depression in youth. As is the case with physical health difficulties, early detection and intervention of mental health difficulties lead to a better prognosis. As a parent, it becomes increasingly important to know the difference between good mental health versus your child developing mental health difficulties, like anxiety or depression. *Would you be able to tell if your child was showing signs of anxiety or depression?*

ATTENDEES OF THIS WEBINAR WILL WALK AWAY WITH:

- Clarity regarding what mental health really looks like, and knowing which risk factors contribute to a child developing mental health difficulties.
- A better understanding of the warning signs that a child may be struggling, as well as being able to tell the difference between depression vs. sadness, or anxiety vs. normal worry.
- Being equipped to approach their child with empathy and safeguard their wellbeing when it comes to mental health.



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MEETING LINK:

Instructions for how to join this webinar will be shared separately in advance.