



ROCKTM
REACH OUT CENTRE FOR KIDS

rockonlearn.ca 

CMHO | November 26, 2018

Introduction



- Who We Are
- ROCK Centre of Learning
- LMS
 - ◎ What it is
 - ◎ History of Development
 - ◎ How to launch rockonlearn.ca
- Parent Engagement – Halton Families for Families
- Demonstration of **You are Not Alone**
- Demonstration of **How to Talk to Your Child About Anxiety**
- Questions/Group Discussion



Who We are

ROCK is an accredited, multi-service organization providing services to children and youth from birth to 17 years of age and their families. ROCK aims to improve the lives and relationships of families with children who are having social, emotional and behavioural concerns.

Our Mission

Working together to promote and achieve optimal mental health in kids and families.

Our Vision

Building ROCK Solid People.

Our Values

Respect, Excellence, Accountability, Collaboration, Hope



NEW! rockonlearn.ca

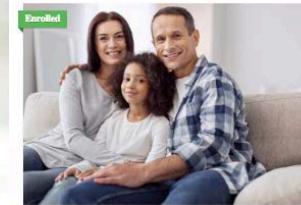


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Enrolled
How to Talk to your Child about Anxiety (English)

by Admin

[SEE MORE...](#)

7 Modules



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How to Talk to your Child about Anxiety (Arabic)

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How to Talk to your Child about Anxiety (Urdu)

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7 Modules



Enrolled
You are Not Alone

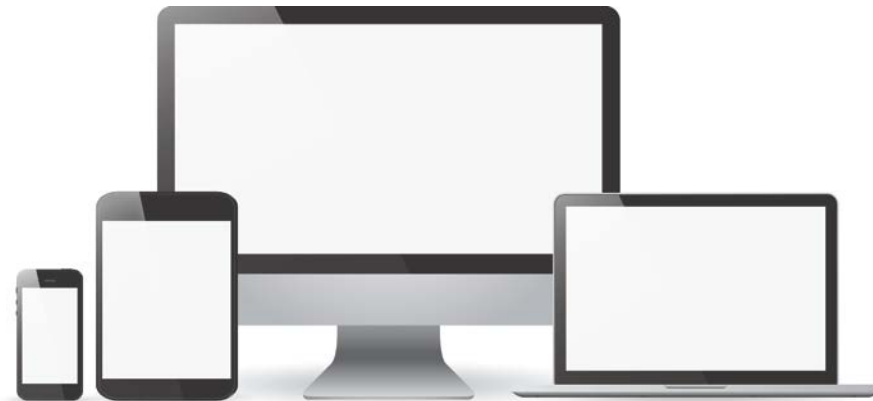
by Admin

[SEE MORE...](#)

4 Modules

Learning Management System (LMS)

- E-learning tool developed by ROCK to enhance knowledge and provide opportunities for training in the non-profit, mental health and community service sector
- Affordable, creative and innovative modules for partner organizations, businesses, individuals and community agencies
- FREE learning for parents/caregivers, clients/patients
- Provides information, opportunities for discussion and other tools to advance skills for mental health providers and offer other topics of interest in our community



Family Engagement

Halton Families for Families

- Coalition of Organizations
- Caring and Supportive Network
- Monthly Social Events and Workshops
- Over 1,900 families across Halton Region
- Families' Voices have been an integral part of Program Design



You are Not Alone

- Funded by the Ontario Centres of Excellence
- Developed by parent advocates from the Halton Families for Families Parent Advisory Committee in partnership with ROCK
- Help other parents, families and caregivers through their journey supporting their child who may have mental health concerns.
- Offers tips, resources and shared stories as a means of support so that parents, families and caregivers have access to the information they need for their child.



Where do I start?



Medical Team



School/Day Care



Community Support



Self-care

How to talk to your Child about Anxiety

- Funded by Ontario Trillium Foundation
- Free course designed for parents and caregivers of children who may be experiencing anxiety
- Developed by children's mental health professionals
- Provides easy to understand information, tips and techniques for families helping children and youth
- Cultural and Language Awareness: Translated into Arabic and Urdu



What it's all about.

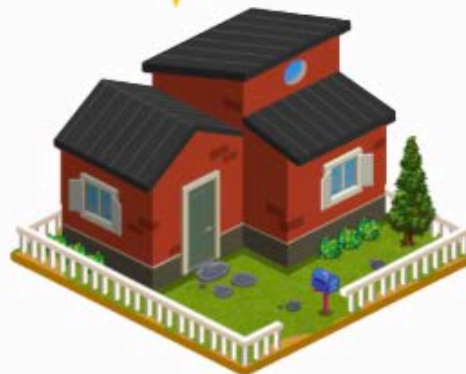


Welcome!

Build
Awareness

Practical
Techniques

Key ideas





Thank you.