

Digital Minds

Mental Wellness, Resilience,
and Youth in the Screen Age



DR. SINYOR



DR. SMITH



DR. MITCHELL



DR. CHIN

JOIN US OCTOBER 7 | 6:30 PM

The Generation Health Forum Series launches with an inaugural community conversation presented by Sunnybrook Health Sciences Centre and The Bespoke Wellness Group, with Crescent School as venue sponsor. A new initiative focused on prevention, resilience, and lasting well-being.

Canada's most forward-thinking physician minds are coming together to tackle youth mental health, social media's impact, and how families and communities can foster resilience from an early age. This event spotlights timely solutions to build healthier childhood futures.

CORTELLUCCI FAMILY THEATRE, CRESCENT SCHOOL, 2365 BAYVIEW AVE, NORTH YORK

**Two engaging sessions with Dr. Mark Sinyor and Dr. Rachel Mitchell,
Staff Psychiatrists, Sunnybrook Health Sciences Centre:**

Today's Youth Mental Health Crisis

Hosted by Dr. Andy Smith, President and CEO, Sunnybrook Health Sciences Centre.

A look at the rising challenges of anxiety, self-harm, and the impact of digital life.

Building Resilience & Mental Wellbeing

Hosted by Dr. Elaine Chin, Founder of The Bespoke Wellness Group.

Practical strategies for parents, schools, and communities to support our youth.

Open to all parents, educators, and community members. Your role is vital in ensuring our kids grow into thriving, connected, and resilient adults.

PURCHASE TICKETS \$30 ►

Limited seating. Light snacks served.