



SAVE THE DATE!!!

INFANT MENTAL HEALTH DAY

**SLEEP AND GENERATIONAL TRAUMA:
IMPACT AND MANAGEMENT ON YOUNG CHILDREN AND THEIR FAMILIES**

Friday, November 08, 2024

**Institute of Community and Family Psychiatry,
Jewish General Hospital, 4333 Chemin de la Côte Sainte-Catherine**

Presentation will be in English.

Question period will be in English and French

Invited Speakers:

Dr. Elizabeth Keys, PhD., Dr. Keys is an Assistant Professor in the School of Nursing at UBC Okanagan since 2021. She has a clinical background in community and public health nursing focused on promoting child and family wellbeing. The goal of her program of research is to promote and maintain infant and parental mental health by supporting parent-child interactions and sleep health. For PhD she has developed and evaluated a home visiting parent-child interaction intervention (Play2Sleep) designed to improve infant sleep. Her research has been published in numerous journals and books.

Dr. Tamara Soles, PhD. Dr. Soles is a child psychologist and also founder and director of The Secure Child. She has worked with young children and families dealing with wide range of issues including emotion regulation, anxiety, ADHD, behavior or learning difficulties, amongst other issues and has a particular interest in sleep and sleep related problems. As well, she has a podcast entitled “This Hour has 50 minutes”. # (e n Ç ` i



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