

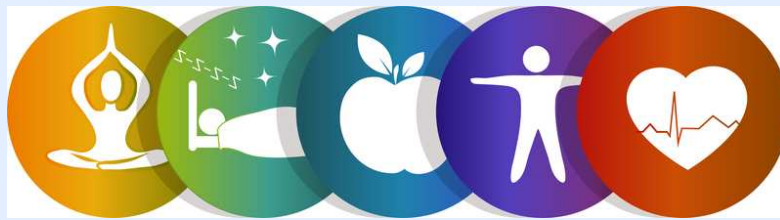
# MPA (Child, Youth & Family) Grand Rounds

## **Finding Balance:** Incorporating healthy lifestyle programming within a psychiatric day hospital program

Presented by

**Elizabeth Dettmer, Ph.D., C.Psych**  
Psychologist  
SickKids Team Obesity Management Program  
(STOMP)

**Seena Grewal, MD, MSc, FRCPC**  
Medical Director  
Acute Care Psychiatry, SickKids



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### **After attending this session, learners will:**

1. Understand the complex physical and mental health needs of youth with obesity and co-morbid psychiatric issues
2. Appreciate the challenges of incorporating healthy lifestyles skills into therapy for adolescents
3. Learn effective strategies of addressing healthy lifestyle behaviours within a day hospital program

**Thursday Feb 28, 2019**

**11:00 am – 12:00 pm**

**SickKids Hospital, 555 University Avenue**

**Daniels Hollywood Theatre, room 1246, 1st floor Burton Wing**

To pre-register for VIDEOCONFERENCE Videoconference Link – 2019-02-28

<https://schedule.otn.ca/tsm/portal/nonclinical/details.do?request.requestId=93314011>

For Webcast information please contact: [sandra.silva@sickkids.ca](mailto:sandra.silva@sickkids.ca)