

**Free Dinner meals were provided to those who attended the event.**



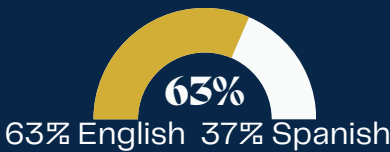
# Evaluation Results

The graphs below illustrate Conference Evaluation results. The feedback collected focused on workshops effectiveness and overall conference experience and satisfaction.



110

The number of parents who submitted an evaluation form.



41

Spanish

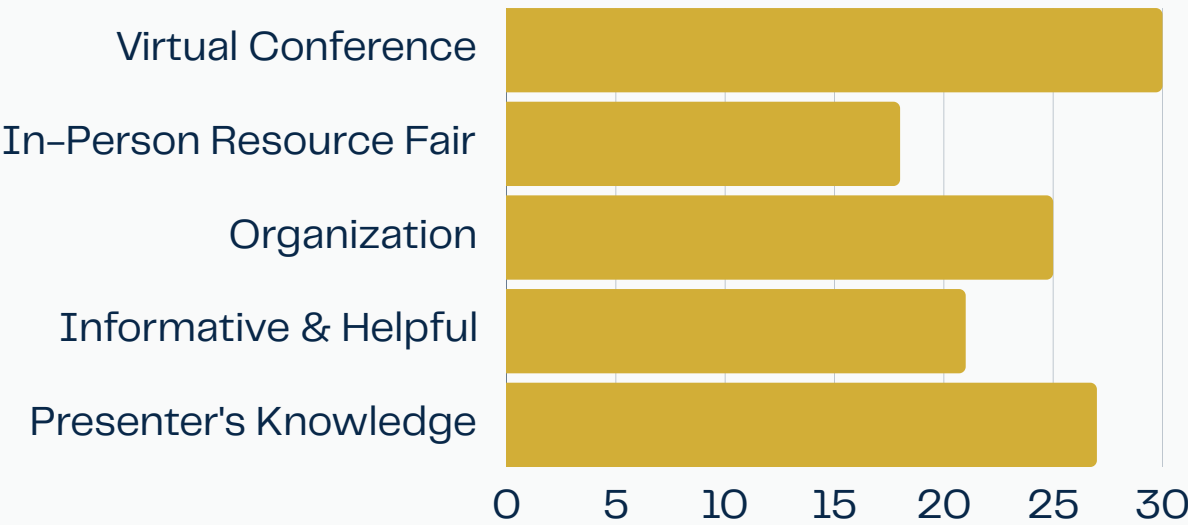


69

English

## Overall Conference Satisfaction Results

The graph above illustrates the level of satisfaction within each category listed. The percentages below reflect those that responded being **Very Satisfied**.



### 100% satisfaction

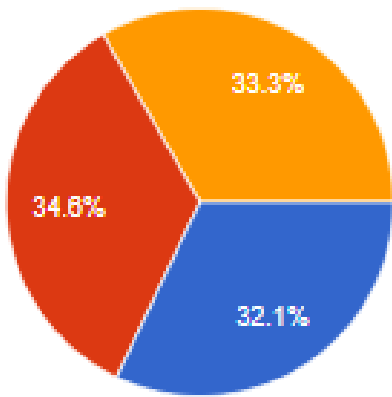
The answer choices included: Very Satisfied, Satisfied, Dissatisfied and Strongly Dissatisfied. **None of the participants used the last two options as an answer.**

### What was one thing from the conference you feel helped you the most?

- "It helped me understand there are services that I was looking for but didn't know where to go."
- "I gained knowledge about the 788 resource helpline"
- "Understanding how to help my child or family when seeing signs of depression."
- "The cyber bullying isn't only on social media it can also be on games."

## Workshop Evaluations

The graphs below illustrate the percentage of evaluations received for each individual workshop.



- Owing Your Mental Wellbeing / Toma Control de tu Bienestar Mental
- Depression, Anxiety & Healthy Coping Skills / Depresión, Ansiedad y Habilidades de Afrontamiento saludables
- Bullying & Social Media / Acoso (bullying) y Redes Sociales

"I really appreciated the presenters showing what depression can look like in different people. Thank you for the great information and the little meditation session!"

"Saber cómo ayudar a nuestros hijos con sus emociones"  
(Learned how to help our children with their emotions)

"The fact that there is many ways to help yourself and others. Mainly that if you are happy and have healthy mental health so will your kids so working on you helps your kids at the end."

"They covered a lot of good topics the one I like the most was Mr. Peace 🙌😊"