



Parents for Children's  
Mental Health  
SUPPORT. EDUCATE. EMPOWER.

## Monday, May 14, 2018

### PARENTS' Support Group

Does your child's anxiety, ADHD, mood disorders, learning disability, or behaviour challenges make parenting difficult?

#### Benefits of PCMH Support Group:

- meet other parents with children who have similar challenges
  - find encouragement and emotional support
- learn strategies to help your child or youth at home/school
  - learn how to access resources in the community

When	Second <b>Monday</b> of every month (no meeting July & August) NO pre-registration for the meeting.
Time	6:30-8:00 pm
Where	*NEW* Aurora Kinark Office 218 Earl Stewart Drive, Unit 7, Aurora, ON L4G 6V7. from Bayview Ave take Pedersen (west side of Bayview) one block south of St. John's just south of Superstore. Avoid St. John's west of Bayview due to construction blockage.

PCMH is the only provincial, family-led, non-profit organization that provides a voice for families who face the challenges of child and youth mental health issues. PCMH provides support, education, and linkage between families, communities, agencies and government. PCMH believes in the promotion of family-centred principles of care. PCMH envisions a future in which children and youth with mental illness enjoy a high quality of life in welcoming and supportive communities. For more information and resources, please visit [www.pcmh.ca](http://www.pcmh.ca).

**NEW LOCATION>>>>NEW LOCATION>>>>NEW LOCATION>>>>NEW LOCATION>>>>NEW LOCATION>>>>**