



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

NEW NIGHT OCTOBER ONLY

Monday, October 17th

(change because regular night is Thanksgiving Holiday)

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 Monday of every month NO pre-registration. Free childcare sign up parentengagement@kinark.on.ca Meetings run every month all year. Chapter leader email york@pcmh.ca	Second Tuesday of every month NO pre-registration info@theyorkcentre.ca Meetings run every month except August.
Time	6:30-8:00pm	7:00- 9:00 pm
Where	Aurora Kinark Office at 24 Orchard Heights Blvd. Unit 101A Aurora. (Entrance is at east side of grocery store) Free parking & very close to Yonge St for public transit.	The York Center at 11225 Leslie Street, Richmond Hill. Free parking.
Future Notes	Monday, November 14 th Expert Panel: How to advocate effectively	To be announced

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.