

PCMH Parent and Caregiver Support Group

Are you a parent or caregiver of a child/youth who is experiencing a mental health concern?

Does anxiety, depression, ADHD, mood disorders or behaviour changes make parenting difficult?

Joining a parent & caregiver (VIRTUAL) support group can help.

2021

**First Wednesday of the Month
6 - 8 PM**

January 6th
February 3rd
March 3rd
April 7th
May 5th
June 2nd

July 7th
August 11th
September 8th
October 6th
November 3rd
December 1st

BENEFITS OF SUPPORT GROUPS:

- Meet other parents with children who have similar challenges
- Receive emotional support from someone with lived experience
- Learn strategies to help your child or youth at home / school
- Learn how to access resources in your community



TO JOIN THE VIRTUAL SUPPORT GROUP:

Email Craig (our parent facilitator), at pcmh@woodview.ca. Craig will send you a link to the video conference and next steps. You'll need access to a phone, laptop or tablet and WIFI or data.

pcmh.ca/brantford