



## PCMH Parent and Caregiver Support Group

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

**NEW TIME!**

**2022**

First Wednesday of the Month

**8:00 - 9:30 pm**

January 5th

July 6th

February 2nd

August 3rd

March 2nd

September 7th

April 6th

October 5th

May 4th

November 2nd

June 1st

December 7th

### 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](mailto: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.

[woodview.ca/pcmh-groups](https://woodview.ca/pcmh-groups)

