



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?

## PCMH Parent and Caregiver Support Group

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

2022	
First Wednesday of the Month	
8:00 - 9:30 pm	
January 5th	July 6th
February 2nd	August 3rd <b>14th</b>
March 2nd	September <del>7th</del>
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 Nicki (our parent facilitator), at [pcmh@woodview.ca](mailto:pcmh@woodview.ca). Nicki 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://www.woodview.ca/pcmh-groups)

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