

DOES ANXIETY,
DEPRESSION, ADHD, MOOD
DISORDERS OR BEHAVIOUR
CHANGES MAKE
PARENTING DIFFICULT?

ARE YOU A PARENT OR
CAREGIVER OF A
CHILD/YOUTH WHO IS
EXPERIENCING A
MENTAL HEALTH
CONCERN?



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



January 4th
February 1st
March 1st
April 5th
May 3rd
June 7th

July 5th
August 2nd
September 6th
October 4th
November 1st
December 6th

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

HOW TO JOIN:

Email our parent facilitator at pcmh@woodview.ca. You will receive 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

Updated January 4, 2023

