



# Parents for Children's Mental Health

SUPPORT. EDUCATE. EMPOWER.

**Monday, May 10, 2021 6:30 pm - 8 pm**

**Panel Discussion and Q&A: Community Resources**

***PARENTS' Support Group-All are welcome!***

**VIRTUAL MEETING**

**Does your child's anxiety, ADHD, mood disorders, learning disability, or behaviour challenges make parenting difficult? Join us...**

**PCMH Chapter Support is inviting you to a scheduled Zoom meeting.**

**Time: May 10, 2021 06:30 PM Eastern Time (US and Canada)**

**[Join Zoom Meeting](#)**

**Meeting ID: 925 1454 9283**

**Passcode: 953686**

**One tap mobile**

**+17789072071, 92514549283#, \*953686# Canada**

**+12042727920, 92514549283#, \*953686# Canada**

**Dial by your location**

**+1 647 374 4685 Canada**

**+1 647 558 0588 Canada**

**Meeting ID: 925 1454 9283**

**Passcode: 953686**

**Find your [local number](#)**

### **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

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](http://www.pcmh.ca).

**Monday, June 21<sup>st</sup> Building Healthy Relationships 6:30 – 8 pm**