



Parents for Children's
Mental Health
SUPPORT. EDUCATE. EMPOWER.

Monday, September 16th

PARENTS' Support Group-all are welcome!

**Topic: IEP Individual Education Plan (guest speaker)
Being "identified" in the school system, understanding the
process, and how to advocate for your child.**

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

Future Meetings 3 rd Monday of each month	Monday, October 21- Depression & Anxiety – How can parents help Monday, November 18 – open discussion & sharing resources Monday, December 16 guest speaker & topic to be announced
	6:30-8:00 pm No pre-registration is needed. All are welcome. Sorry no child minding available. Young children cannot safely be left unattended.
Where	*NEW*Aurora Kinark Office 218 Earl Stewart Drive, Unit 7, Aurora, ON L4G 6V7. One block south of St. John's Sideroad. One block west of Bayview Ave. Lots of free parking

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.