



YOUTH MENTAL HEALTH AWARENESS FOR PARENTS AND CARING ADULTS

YOUTH SPEAK

PERFORMANCE CHARITY®

TICKETS
\$12
purchase tickets at
newtix.ca

FEBRUARY 20, 2019 • 7PM-9PM

YOUTH MENTAL HEALTH AWARENESS FOR PARENTS AND CARING ADULTS
NEWMARKET THEATRE • 505 PICKERING CRESCENT, NEWMARKET

Hear from our **YOUTH SPEAKERS**, who will share their personal stories and how they were able to cope with mental health challenges, bullying and substance misuse

LEARN MEANINGFUL WAYS TO CREATE A **SAFE SPACE** FOR YOUTH TO TALK

Hear from **YORK REGIONAL POLICE** how we can protect youth from cyberbullying

SEE A PERFORMANCE BY **UNITY Charity**, FOCUSED ON IMPROVING YOUTH MENTAL HEALTH AND WELL-BEING

Visit **AGENCY BOOTHS** to access valuable information and resources

THANK YOU TO OUR SPONSORS



“APPROXIMATELY 1 IN 5 CHILDREN AND YOUTH IN ONTARIO HAS FACED OR WILL FACE A MENTAL HEALTH CHALLENGE”

Canadian Mental Health Association Ontario (2019).



As a parent or caring adult, it is important that you know how to identify these challenges and help youth cope and face life's challenges with resilience and self-confidence