



# Parents for Children's Mental Health

SUPPORT. EDUCATE. EMPOWER.

## Support Group

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

Support is available through a new Support Group offered by the York Central Chapter of *Parents for Children's Mental Health (PCMH)*.

**When:** Second Monday of the Month

**Time:** 6:30-8:00pm (childcare and light refreshments provided)

**Where:** Aurora Kinark Office at 24 Orchard Heights Blvd. Unit 101A Aurora  
(Entrance is at east side of grocery store) free parking & very close to Yonge St.

**NO pre-registration necessary but please let us know if you need childcare at**

[parentengagement@kinark.on.ca](mailto:parentengagement@kinark.on.ca)

### **Benefits of This 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

*For more PCMH information and resources, please visit [www.pcmh.ca](http://www.pcmh.ca)*

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.

**Next Meeting is MONDAY, MARCH 14<sup>th</sup>, 2016**

Samantha Barnes CYW, MST Therapist presents

Parent Self Care-Basics and Barriers