



Parent-Child GROUP

Designed to assist children, youth and their families, learn important life skills and techniques to help successfully cope with stress and anxiety

Group is held consecutively for 6 weeks for approximately 1.5 hours

Upcoming Groups:

September 26, 2017 – Brockville – Times to be determined

January 23, 2018- Brockville – Times to be determined

April 10, 2018- Location and Times to be determined

For additional information please contact

Children's Mental Health of Leeds and Grenville

Tel: 613.498.4844 or 1.800.809.2494

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