



Parents for Children's
Mental Health

SUPPORT. EDUCATE. EMPOWER.

CAREGIVER PEER SUPPORT GROUP

As part of our ongoing commitment to Family Engagement, Children's Mental Health of Leeds and Grenville is working together with Parents for Children's Mental Health Ontario to establish a local Peer Support group for our community.

Discussion topics include:

- Exploring the benefits of peer support for children, youth and families.
- Discover Parents for Children's Mental Health resources that have been designed by families, for families.
- Learn what a Parents for Children's Mental Health peer support group could look like in your community and how you can help shape its design.
- How Parents for Children's Mental Health assists families across Ontario and brings the family voice into mental health conversations to help create systematic change.
- Discover more about CMHLG's services and their commitment to improving the lives of children and families in our community.

WHEN: May 1, 6:30-8:00PM

**WHERE: 779 Chelsea St., Suite BU, Brockville, ON
K6V 6J8**

For more information on Parents for Children's Mental Health, please visit: www.pcmh.ca

For more information on the Parent and Caregiver Session, please email: cbrook@cmhlg.ca

Please RSVP to Christine Brook at cbrook@cmhlg.ca or 613-498-4844 ext. 3046