



Parents for Children's
Mental Health

SUPPORT. EDUCATE. EMPOWER.

Support Group

Are you caring for a child or youth who is
living with mental health challenges?

Do anxiety, ADHD, mood disorders or behaviour
challenges make parenting difficult?

Peer Support is available through a new Support Group offered
by the Guelph Chapter of Parents for Children's Mental Health

**Support Group
Meetings:**

**When: First Thursday of the Month
(except July, Aug)**

Time: 7:00-8:30pm

**Where: CMHA – Silvercreek Office
485 Silvercreek Pkwy N., Guelph**

www.pchm.ca/guelph for weather cancellations or other updates

Benefits of Support Groups:

- 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 call **519-821-2060 x2184**,
or view our Guelph Region page at www.pcmh.ca/guelph.

Hosted by:



Canadian Mental
Health Association
Waterloo Wellington

Association canadienne
pour la santé mentale
Waterloo Wellington



Call anytime to access
Addictions, Mental Health
& Crisis Services
Waterloo - Wellington

1 844 437 3247
(HERE247)

TTY: 1-877-688-5501

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If you have any questions, concerns please contact privacy@cmhaww.ca