



Parents for Children's
Mental Health

SUPPORT. EDUCATE. EMPOWER.

**SPECIAL
CALENDAR**
Aug-Dec 2021

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

Support is available to you through PCMH's Hamilton chapter!

Join a virtual drop-in or contact us by text, phone or email for individual support.

All family members and caregivers are welcome to reach out for support and information.

NOTICE—March 13, 2020— Due to the novel coronavirus pandemic (Covid-19), PCMH Hamilton drop-ins will take place online, NOT in-person, until further notice.

Hamilton Chapter Calendar

USE THIS LINK TO JOIN ANY DROP-IN EVENT BELOW:

<https://lynwoodcharlton.adobeconnect.com/r1uh1cradexv/>

Need tech help? Call or text Louise at 905-536-9323.

NOTE: You will be asked to share your name and phone # with Chapter Leaders.

Date	Time	Location	Topic
Thurs. Aug. 19	6:30-8pm	ONLINE—see link above	TOPIC: Back to school worries—what can you do?
Thurs. Sept. 16	6:30-8pm	ONLINE—see link above	TOPIC: Reducing homework stress— tips for you and your student!
Thurs. Oct. 21	6:30-8pm	ONLINE—see link above	TOPIC: Learning the Alphabet of School Supports: IEP, IPRC, LD, SERT, advocacy and more!
Thurs. Nov. 18	6:30-8pm	ONLINE—see link above	TOPIC: Finding and navigating services and supports
Thurs. Dec. 16	6:30-8pm	ONLINE—see link above	TOPIC: Relationships— handling conflict with love

For more info and resources, please visit our new Family Care Centre at family.cmho.org, email us at hamilton@pcmh.ca, or call or text 905-536-9323.

Sign up for our newsletter [here](#).

PCMH believes that children's mental health is everyone's business and each child, youth and family has the right to achieve mental wellness, to be supported, and to be treated with equity and respect.