



# 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?

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

Support is available through a new Support Group being  
offered by the Waterloo Region Parents for Children's  
Mental Health Chapter

<b>Support Group Meetings:</b>	<b>When:</b>	<b>Fourth Tuesday of the Month (except July, Aug, Dec)</b>
	<b>Time:</b>	<b>7:00-8:30pm</b>
	<b>Where:</b>	<b>Lutherwood, 285 Benjamin Rd., Waterloo</b>

### **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 visit **www.pcmh.ca** or view our Waterloo Region page at **www.pcmh.ca/waterloo**.