

Support for Parents & Families Mental Health Workshop Series



**Wilmot Family
Resource Centre**

A safe and supportive environment for individuals supporting those with mental or emotional health challenges to receive information, support and strategies to help them on their journey towards emotional wellness.



March 22, 2016:
**Supporting those who
Self-Harm**
7-8:30 pm

April 19, 2016:
**Supporting Children &
Youth Coping with
Separation/Divorce**
7-8:30 pm

**These workshops are offered in
partnership with Wilmot Family
Resource Centre.**

Location: Interfaith Counselling Centre
Meeting Room
23B Church St., New Hamburg

**For more information or to register,
please call 519 662-3092 ext. 101 or
email interfaith@golden.net**