STRESSED OUT TEENAGERS???

Mental Health Concern or Teenage Angst?

Parent Information night discussing coping strategies and supporting resilience in our youth

**Monday, November 9, 2015**

Parents will learn helpful tips to navigate the mental health system and support their youths’ mental health needs.

Speakers include:

Laura McShane BA,

Certified Life Coach

**Canadian Mental Health Association – WWD**

Coordinator- Mental Health Promotion and Education Services

&

Brain Douglas MSW, RSW

**WODSS - Social Worker**

**7:00 p.m.**

**Waterloo-Oxford D.** **S.S.**



For more information:

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No RSVP required

  