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:

 **Phone :** 519-662-3092

**Email:** froth.interfaith@golden.net

 No RSVP required

  