



Parents for Children's  
Mental Health

SUPPORT. EDUCATE. EMPOWER.

**SPECIAL  
CALENDAR**

**March 13, 2020**

## 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!**

*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. **New online drop-in dates have been added** to help meet the increased need for support at this challenging time. **Individual support by phone, email and text continues to be available.**

### Hamilton Chapter – Revised Calendar

**USE THIS LINK TO JOIN ANY EVENT BELOW:**

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

Please log in with a "nickname" to protect your privacy. Need tech help? Call or text 905-536-9323.

Date	Time	Location	Topic
Thurs. Mar. 19	6:30-8pm	ONLINE—see link above	<b>REVISED TOPIC:</b> "Coping with stress and uncertainty"
Thurs. Apr. 2 <b>*NEW*</b>	6:30-8pm	ONLINE—see link above	Sharing and caring—open discussion, Q&A
Thurs. Apr. 16	6:30-8pm	ONLINE—see link above	"What is a crisis?"
Thurs. Apr. 30 <b>*NEW*</b>	6:30-8pm	ONLINE—see link above	Sharing and caring—open discussion, Q&A
Thurs. May 14	6:30-8pm	ONLINE—see link above	<b>Family relationships and chronic stress</b> <i>Special Guest:</i> <i>Jennifer Khoury, Offord Centre for Child Studies</i>

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.