

Parent Chat

for families with children with special needs, disabilities, & who are at risk



Support Group Session 4:

Youth Mental Health Presentation + Q&A session

Hosted by Connexions-

Krishnan Sundaram,

Community Health & Wellness Facilitator

Shelley Heaphy,

Community Outreach and Engagement Coordinator, MRC Pontiac

Cassandra Hope Sydor,

Regional Coordinator for Early Childhood, youth and Families

with special guest **Fiona Cooligan from YNRA**

Join us for a presentation by Youth Net as they present an overview of the newest youth mental health stats and help parents understand mental health concepts. Learn about resources available, how to communicate with your child, and discover support strategies



Thurs, Dec 07

7 PM to 8:30 PM



Virtual Meeting

Register at:

centreconnexions.org

Questions?

819-557-0615 or

info@centreconnexions.org

or scan to sign up

