

OPEN HOUSE @

Child and Adolescent Services

Did you know that the City of Hamilton offers free mental health services for children/youth?



MAY 7TH, 2025



3 PM - 6 PM



CHILD & ADOLESCENT SERVICES

100 Main St E, Suite 220



905-546-2424 X 3678

**POP BY FOR
PIZZA &
POPCORN**

*National
Youth
Week*

RAFFLE

Enter for a chance to win one of two \$25 gift cards. Your choice of Apple, McDonalds, Walmart, Pizza Pizza, or Dollarama!



Bring proof of attendance at another youth week event for an extra entry.

COPING SKILLS

Learn new coping skills, and create a coping toolkit.

Q&A WITH A THERAPIST

Do you have questions about what therapy looks like, or how it can be helpful?

Speak with one of our therapists to learn about our confidential services and get your questions answered.

CAREGIVER CAFÉ

Grab a coffee or tea and connect with other caregivers supporting youth with mental health needs. Learn more about caregiver supports.

COMMUNITY PARTNERS

City of Hamilton and child and youth mental health partners will be in attendance. Connect with additional service providers who may be able to provide supports to your family