



# YOUR SPACE



**EXPLORING MENTAL HEALTH ISSUES THAT MATTER TO YOU**

Free online sessions for young people & families

## OurSpace youth sessions

**Feb. 26, 2019 | 3:30-4pm**  
Facing School Challenges

**Mar. 6, 2019 | 3:30-4pm**  
Building Positive Friendships

**Mar. 20, 2019 | 3-3:30pm**  
Handling Big Feelings -  
sadness, anger, worry

## FamilySpace family sessions

**Feb. 27, 2019 | 7-8pm**  
When School Is Hard

**Mar. 20, 2019 | 7-8pm**  
Dealing with Ups and Downs

*FamilySpace sessions are open to anyone caring for a child or youth living with mental health challenges.*



Interactive



Anonymous



Time for questions



Self care tips



Recordings & resources



Option to be part of research project

## REGISTER NOW:

# [YourSpaceHamilton.ca/register](http://YourSpaceHamilton.ca/register)

explore more at

[www.yourspacehamilton.ca](http://www.yourspacehamilton.ca)

contact: [engage@lynwoodcharlton.ca](mailto:engage@lynwoodcharlton.ca)

**Collaboration partners:**



This project is supported by:



Artwork courtesy of COMPASS Program Students