

Queensdale School Council invites all
parents and caregivers to our first

FAMILY WELLNESS FAIR

MARCH 25TH

10 AM - NOON

Queensdale School
67 Queensdale Ave E

Speak with leaders in mental health
from the community

Learn about supports and programs
available to parents, caregivers and
families

Enjoy refreshments and free childcare

Meet with multilingual guests

Free admission



COAST
CRISIS OUTREACH and SUPPORT TEAM



ONTARIO
STRUCTURED
PSYCHOTHERAPY
WEST REGION

We Help.

HWDSB

Naseeha

 Hamilton
Osteopathic
& Rehabilitation Centre



 **mindfulness** HAMILTON

Parents and caregivers are encouraged to join us for a morning of workshops, interactive experiences and speakers focused on mental well-being. For more information, go to bit.ly/3LE0A4X