



Parents for Children's Mental Health

SUPPORT. EDUCATE. EMPOWER.

**Are you caring for a child or youth who is
living with mental health challenges?**

**Support is available to you through the Hamilton chapter
of Parents for Children's Mental Health!**

PCMH is the only Provincial, family-led, nonprofit organization that provides a voice for families who face the challenges of child and youth mental health issues. PCMH provides support, education, and empowerment by linking networks of families, communities, agencies and government. All family members and caregivers are welcome to attend meetings for support and information.

Upcoming Hamilton Chapter meetings:

Date	Time	Location
Thurs. April 19, 2018	6:30-8:00pm	First Place, 350 King St. E., 3rd Floor
Wed. May 2, 2018	6:00-7:30pm	Youth Wellness Centre, 38 James St. S., 2nd Floor
Thurs. May 17, 2018	6:30-8:00pm	First Place, 350 King St. E., 3rd Floor
Tues. June 5, 2018 <u>DADS' GROUP</u>	6:30-8:00pm	Lynwood Charlton Centre, 526 Upper Paradise Rd.
Thurs. June 21, 2018	6:30-8:00pm	First Place, 350 King St. E., 3rd Floor

For more PCMH information and resources, please visit www.pcmh.ca, email us at hamilton@pcmh.ca or call **905-536-9323**.

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.



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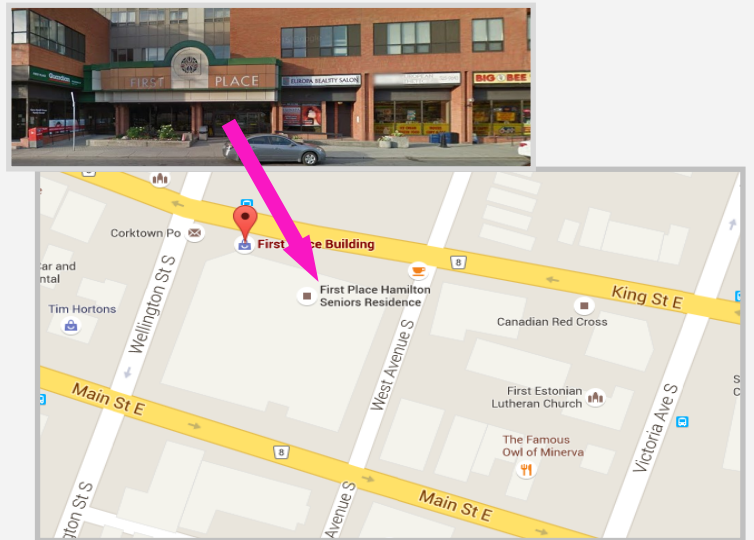
HAMILTON CHAPTER MEETING LOCATIONS

First Place Hamilton

350 King St. E., Hamilton, ON (3rd Floor)

MAP: <https://goo.gl/maps/ZAnScZNRPdG2>

Bus routes nearby. Street parking available nearby. Signs will be posted inside the building to direct you to the meeting room.

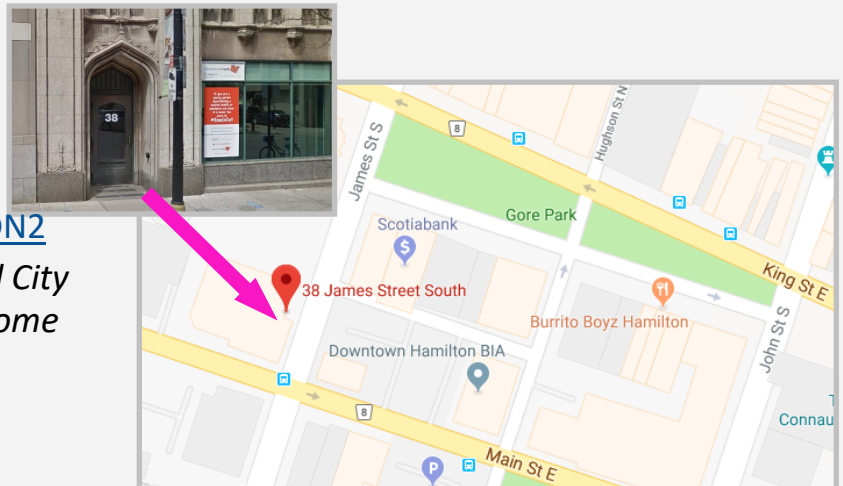


Youth Wellness Centre/ Alternatives for Youth

38 James St. S., Hamilton, ON
(2nd Floor)

MAP: <https://goo.gl/maps/crCyJv9kLDN2>

Bus routes nearby. Parking meters and City of Hamilton parking lots are nearby. Some may be free after 6pm.

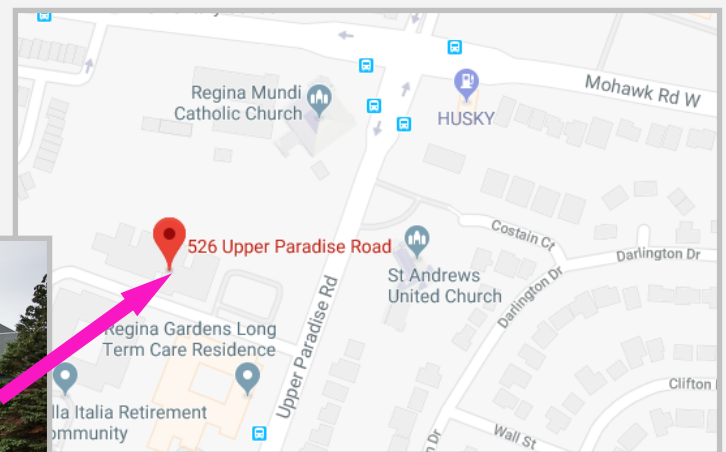


Lynwood Charlton Centre

526 Upper Paradise Rd., Hamilton, ON
(near Mohawk Rd. W.)

MAP: <https://goo.gl/maps/q4Aa8iA6n7q>

Bus routes nearby.
Free parking on site.



For more information: Email: hamilton@pcmh.ca or Phone: 905-536-9323