



Parents for Children's
Mental Health

SUPPORT. EDUCATE. EMPOWER.

SPRING/ SUMMER 2019 CALENDAR

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

Support is available to you through PCMH's Hamilton chapter!

All family members and caregivers are welcome to attend meetings for support and information.

Hamilton Chapter Meetings – Spring/Summer 2019

Date	Time	Location	Topic
Thurs. May 16	6:30-8pm	Lynwood Charlton Centre MOUNTAIN SITE 526 Upper Paradise Rd.	"Affordable Family Fun for the Summer"
Thurs. June 5	6-7:30pm	Youth Wellness Centre 38 James St. S. (2nd floor)	<u>DADS' GROUP</u> "Coping with Summer" <i>Open to all male-identified caregivers</i> <i>Facilitated by an experienced father of 2.</i>
Thurs. June 20	6:30-8pm	Lynwood Charlton Centre MOUNTAIN SITE 526 Upper Paradise Rd.	"Keeping your cool through the summer" <i>Special Guest:</i> Linn Purves, Lynwood Charlton Centre
Thurs. July 18	6:30-8pm	Lynwood Charlton Centre MOUNTAIN SITE 526 Upper Paradise Rd.	"Strengthening Families at the Kitchen Table" <i>Special Guest:</i> Carrie Stevenson, Youth Wellness Centre
Wed. Aug. 15	6-7:30pm	Lynwood Charlton Centre MOUNTAIN SITE 526 Upper Paradise Rd.	"Back to School Transitions" <i>Special Guest: TBD</i>

For more PCMH information and resources, please visit www.pcmh.ca,
email us at hamilton@pcmh.ca, or call or text **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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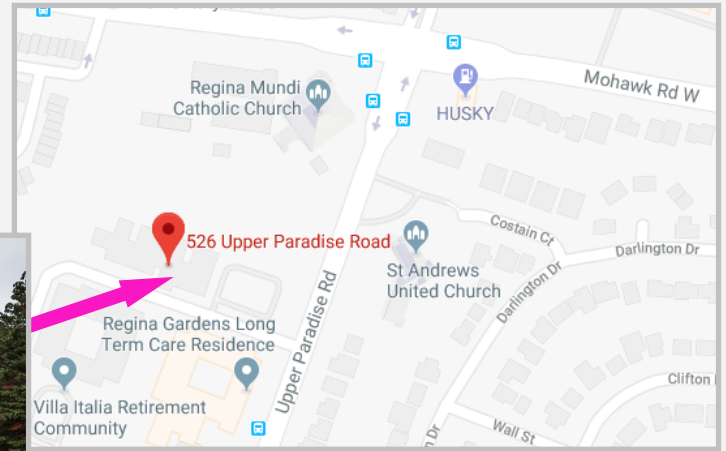
HAMILTON CHAPTER MEETING LOCATIONS

Lynwood Charlton Centre MOUNTAIN SITE

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

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

Bus routes nearby.
Free parking on site.

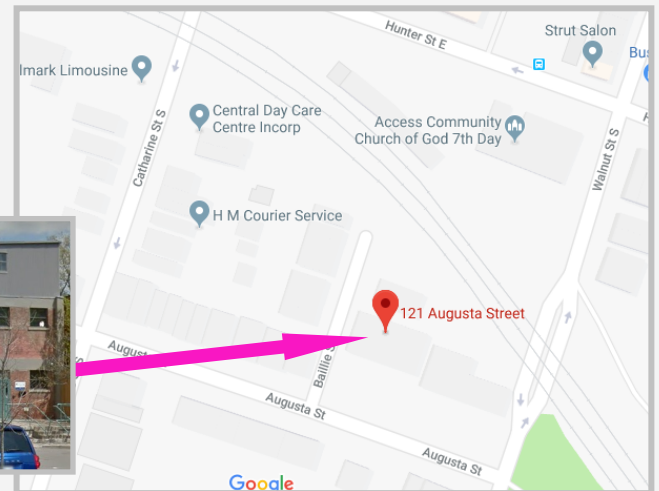


Lynwood Charlton Centre DOWNTOWN SITE

121 Augusta St., Hamilton, ON
(at Walnut St.)

MAP: <https://goo.gl/maps/3sAcinWyeeN2>

Bus routes nearby.
Free parking on site.

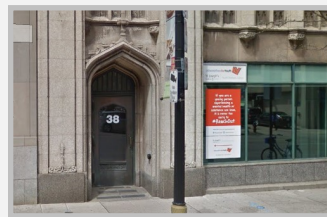


Youth Wellness Centre/ Alternatives for Youth

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.



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