

# HELPING US, HELP OUR TEENS: ADDRESSING MENTAL HEALTH

*Thursday, April 27th @ 7:00 pm - Dundas Valley Secondary School (in-person)*



**DVSS is hosting Dr. Lindsey George for an evening discussion with parents and caregivers regarding the mental health of teens in our school community.**

RSVP Here:



- ⇒ *What is Mental Health?*
- ⇒ *How Can We Help?*
- ⇒ *Where Can We Get Help?*

**All parents and caregivers are welcome to join us for a night of information and open discussion held within a safe and inclusive environment. Please RSVP via the QR code provided. No entrance fee is required.**