



# 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 new 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. PCMH believes in the promotion of family-centred principles of care. PCMH envisions a future in which children and youth with mental illness enjoy a high quality of life in welcoming and supportive communities.

### Chapter meetings take place on the 3<sup>rd</sup> Thursday of each month.

**Upcoming meetings:** May 19, 2016  
June 16, 2016  
July 21, 2016  
August 18, 2016

**Time:** 6:30-8:00pm  
**Location:** First Place Hamilton,  
350 King St. E., Hamilton

For more PCMH information and resources, please visit [www.pcmh.ca](http://www.pcmh.ca),  
email us at [hamilton@pcmh.ca](mailto:hamilton@pcmh.ca) or call **905-304-1108**.

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.



Parents for Children's  
Mental Health

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## UPCOMING HAMILTON CHAPTER MEETINGS

### DATES:

February 18, 2016

March 17, 2016

April 21, 2016

*Meetings run from 6:30-8:00pm.*

### For more information:

Email: [hamilton@pcmh.ca](mailto:hamilton@pcmh.ca)

Phone: 905-304-1108

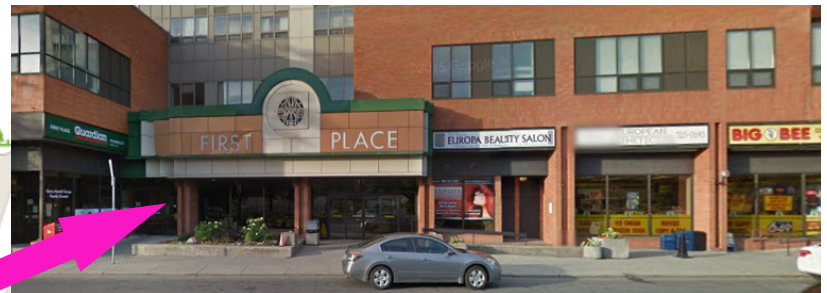
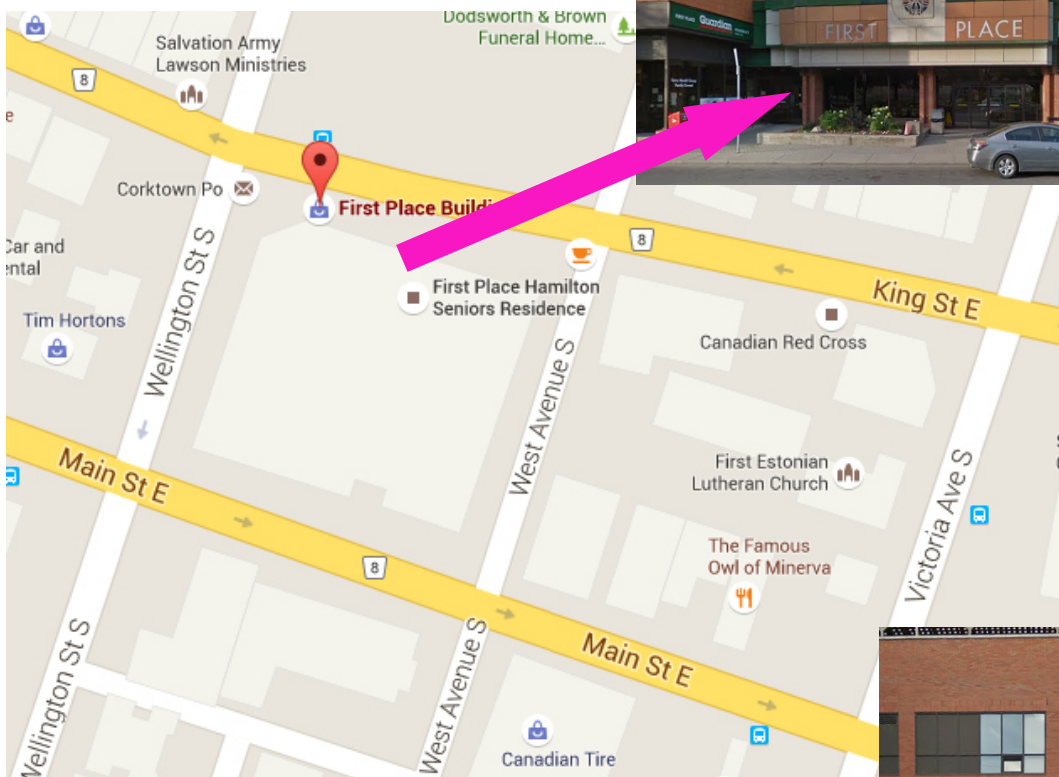
### LOCATION:

First Place Hamilton, 350 King St. E., Hamilton, ON

**MAP:** <https://goo.gl/maps/ZAnScZNRpdG2>

*Bus routes nearby. Free parking underground. Parking entrance is from West Ave.*

*Signs will be posted to direct you to the meeting room.*



**Parking entrance  
(from West Ave.)**

