



Canadian Mental  
Health Association  
Grey Bruce  
Mental Health and Addiction Services

**The Family Support Initiative  
Presents**

**PARENTING YOUTH THROUGH  
MENTAL HEALTH**

(Parents & Guardians with youth age 16-29)

*Owen Sound*

**TUESDAYS BEGINS SEPT.22<sup>nd</sup> 519-371-4802**

**Who:**

A Support Group for those who are supporting a youth age 16-29 who is experiencing mental health challenges.

Family Support Groups provide an opportunity to meet other people who may be facing similar challenges.

**Purpose:** To promote a higher level of wellness, stability and quality to life while supporting someone with a mental health challenge.

**Goals:** This 5-week group aims to help participants continue to strengthen and develop skills and strategies involved in parenting someone with mental health challenge while helping participants access resources to increase their own level of wellness.

*Come join us - 1024 2<sup>nd</sup> Avenue East, Owen Sound*

**Call today to register 519-371-4802**

**Limited In-Person Spots! Zoom available!**

**MUST REGISTER**

**DATES OF MEETINGS-5 weeks**

Begins Tuesday September 22	Tuesday, September 29
Tuesday October 6	Tuesday October 13
Tuesday October 20	