



**Chilliwack  
Community  
Services**  
SHARE · GROW · BELONG



**Chilliwack  
School District**

# SUPPORTING YOUR TEEN'S MENTAL HEALTH



In this workshop our Youth Therapist joins us so we can learn about the conditions that result in a mental health diagnosis and how to best walk alongside our children when encountering mental health challenges. This workshop supports parents by giving them practical helps as well as the opportunity to connect to resources.

Questions are encouraged.

**REGISTER  
NOW**



**3 PART SERIES**

**JUNE 5, 17 & 19**

**CHILLIWACK MIDDLE SCHOOL**

**6PM TO 8PM**