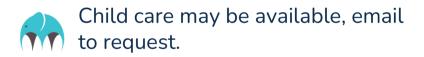
Peer Support Group for Parents & Caregivers

raising children and youth with mental health challenges

THUNDER BAY

Fourth Wednesday of each month 5:30 to 7:30pm





Can't attend in person? Explore our <u>virtual options</u>!

PCMH is a peer support program providing support to parents and caregivers across Ontario raising children and youth with mental health challenges.

For more information, please visit the Family Care Centre at family.cmho.org or email thunderbay@pcmh.ca.







