

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**



Canada Games Complex (Room #2)
420 Winnipeg Avenue
Thunder Bay, ON P7B 6B7



Child care may be available, email
to request.



Can't attend in person? Explore our
[virtual options!](#)

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.

