



Trustee Harpreet Gill

Ward 1, Etobicoke North

Mental Health & Well-Being Forum

Attention HUMBERWOOD DOWNS Parents and Guardians!

A Session Just For You!

HOW CAN I SUPPORT MY CHILD'S MENTAL HEALTH & WELL-BEING?

Are you worried about your child's mental health?

How do you know when your child may be dealing with a mental health challenge?

Who is affected?

(Centre for Addiction and Mental Health)

- In any given year, 1 in 5 Canadians experiences a mental illness or addiction problem.
- 70% of mental health problems have their onset during childhood or adolescence.

This session will provide parents and guardians with information and ideas to better support their child's mental health and well-being.



EVENT DETAILS:

DATE: Tuesday May 21st at 6pm

WHERE: Humberwood Downs Gymnasium

850 Humberwood Boulevard Etobicoke M9W 7A6



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