



# Talking Mental Health and Addictions in Children and Youth

**An invitation to parents and caregivers**

- Learn about common stress and anxiety factors affecting our children and youth.
- Learn how to recognize the signs and symptoms of potential mental health and/or addiction issues.
- The importance of resilience - for you and your child.
- Services and Support Available to parents and caregivers in Ottawa and at your school.

**Speakers:**

**Mary Alexandrou,  
Program Coordinator, CHEO – YouthNet**

**Natalie Markoff,  
Family Peer Supporter,  
Parents' Lifelines of Eastern Ontario (PLEO)**

**Tuesday, May 16<sup>th</sup>, 2017**

**6:30 pm – 8:00 pm**

**Brookfield High School**

**<https://tinyurl.com/Brookfieldmap>**

Child-minding available

e-mail: [brookfieldhsparentscouncil@gmail.com](mailto:brookfieldhsparentscouncil@gmail.com)

