



Canadian Mental  
Health Association  
Weyburn  
Mental health for all

in partnership with



# TODAY'S STRUGGLE TOMORROW'S STRENGTH



## SELF HELP & PEER SUPPORT

### PARENT SUPPORT NETWORK

- This is an informal and welcoming group that provides dialogue along with peer support.
- Join us to discuss issues, challenges, and concerns that all parents may face when supporting a child with mental health concerns
- Light refreshments provided



**2nd Wednesday Every Month**



**7:00 pm**



**Weyburn Credit Union  
Community Room**

**205 Coteau Ave, Weyburn, SK**