

DPAC presents “Parents’ Night Out” with

**Dr. Joel Kailia, the mend clinic, LVR and
Catherine Williams, Child and Youth Mental Health Clinician**

on

Mental Health, Anxiety and Depression

**Wednesday November 7th
LV Rogers High School in Nelson
Theatre room
7-8:30pm**



- This event is for parents of all school aged children
- Travel and childcare subsidies available on request at the door

- The pressures of school and growing up can be overwhelming and difficult for children to cope with successfully.
- Adolescence is a time of dramatic change. Young people often feel tremendous pressure to succeed at school, at home and in social groups.
- Marijuana and other addictions have an impact on mental health.
- Learn about these mental health issues that affect children and youth and how you can support your children during their challenging transition to adulthood.



**For more information contact Louise Poole,
Health Promoting Schools Coordinator,
at klpoole@shaw.ca (250-825-9202)**

