

Mental Health Resource Night for Parents and Caregivers

Tuesday, November 28th, 6:30-8:00
Quadra Elementary School



Wondering how to support
your child's mental health and
emotional well-being?

Looking for parenting tips,
or counselling for yourself?

Please join us for an evening of
resources and connections for
mental health and wellness.

We are excited to welcome:

Child and Youth Mental Health, Family Services of Greater Victoria,
FamilySmart, Victoria Native Friendship Centre, Boys and Girls Club of
Greater Victoria, Vancouver Island Counselling Centre for Immigrants
and Refugees, Human Nature Counselling, Healthy Schools BC,
Saanich Neighbourhood Place, Quadra Village Community Centre,
and more!

