

The Mayfield Secondary School Parent Council invites you to

GET CONNECTED: MENTAL HEALTH MATTERS



Wednesday, March 27, 2019 7pm to 8:30pm in the school auditorium

Workshop on Substance Use and Mental Health

Speaker: Garth Buckley, Clinical Coordinator of Concurrent Disorders with Peel Children's Centre

This workshop will:

- Offer information on substances that are frequently used/abused by youth
- Discuss both street drugs and prescribed medications
- Help parents understand the implications that substances can have on a young person's mental health and academic performance
- Provide parents with strategies on how they can effectively support their children who engage in substance use, including a list of resources that they can access for additional support

All welcome. No cost.

For more information please email the Mayfield Parent Council at

Mayfieldss.council@peelsb.com

