



Parents for Children's
Mental Health

SUPPORT. EDUCATE. EMPOWER.

FASD Caregiver Support Group

Are you caring for a child or youth who has Fetal Alcohol Spectrum Disorder or Fetal Alcohol Effects?

Peer to peer support is available through a new Support Group being offered by Parents for Children's Mental Health - Brantford Chapter

Support Group Meetings:

When:	Second Wednesday of the month (except July, Aug, Dec)
Time:	6:30-8:00 pm
Where:	Woodview, 643 Park Rd. N. Brantford
Email:	brantfordfasd@pcmh.ca

Benefits of Support Groups:

- meet other parents with children who have similar challenges
- find encouragement and emotional support
- learn strategies to help your child or youth at home/school,
- learn how to access resources in the community

For more PCMH information and resources, please visit www.pcmh.ca or view our Brantford Chapter page at www.pcmh.ca/brantford.