

Free Mental Health Education Events

Family, friends and youth welcome!

Pinwheel Series



kelty mental health
resource centre

BC's Information Source
for Children, Youth & Families

12 JANUARY Parenting Teens with Behavioral Challenges

23 FEBRUARY Internet Addiction & Excessive Gaming

29 MARCH Mental Health of Immigrant Youth

26 APRIL Autism Spectrum Disorders

24 MAY Self Advocacy Skills for Parents and Youth

28 JUNE Psychiatric Conditions and Metabolic Syndrome

Time Thursdays, 12-1pm (PST)

Registration

PHONE 604-875-2084 or 1-800-665-1822

EMAIL keltycentre@bcmhs.bc.ca

WEB keltymentalhealth.ca

'in the know'



Sessions are available through home internet and group media-site viewing in participating communities.



Presented by:
The F.O.R.C.E.
Society for Kids' Mental Health

11 JANUARY Cannabis: What Parents & Youth Shared with Us

8 FEBRUARY Bullying: Effects on Mental Health

14 MARCH 'Involving Dads': Dads Talking about Mental Health

11 APRIL ADHD: 'Coping with ADHD'

9 MAY Self Harm in Young People

14 JUNE Laughter in Challenging Times

Time 2nd Wednesday of the month, 7-8pm (PST)

Registration

PHONE 604-873-3400

EMAIL forceintheknow@gmail.com

WEB forcesociety.com

* Please note that dates and topics are subject to change. Please confirm details before attending, thank you!