

# Children's Mental Health Is Everyone's Business: Learn To Be an Advocate

with **Susan Hess**, President of Parents for Children's Mental Health Ontario

- Joining Susan will be her daughter Sarah, paediatrician Dr. Iain Jamieson and parent Grace Loucks. The panel will speak about overcoming the stigma attached to children's mental health, telling your story and advocating for better resources.

Dr. Jamieson says, "There is a hidden epidemic of children struggling with mental health issues across our community – children with attention deficit disorder, anxiety, depression, asperger's syndrome and oppositional behaviour among other challenges. Parents need to support each other and to learn how to advocate for their child."

When: Wednesday, October 29<sup>th</sup> from 7 to 9 p.m.

Where: Peterborough Public Library (345 Aylmer St. N.)

Free • Everyone is Welcome to Attend

For more information: 705-742-3803/1-800-386-6561

