



East Wellington
Family Health Team

Parents of teens experiencing mental health concerns

If you have a teen (or other family member) suffering from anxiety, depression and other mental health concerns, this two-hour workshop is for you. Family are an essential element to managing and recovering from mental health issues. However, it can be challenging to know how best to help a loved one.

This workshop will provide education on the symptoms of anxiety and depression and discuss how best to support your loved one while also taking care of yourself. This workshop will also provide an opportunity to share your experiences and connect with others that understand what you are going through. It is facilitated by one of the Mental Health Therapists at East Wellington Family Health Team.

When: Wednesday, December 4, 2019 5pm – 630pm

Where: Erin Clinic: 6 Thompson Cres., Unit 1

Participants: Residents of East Wellington over the age of 18 years old supporting a loved one suffering from symptoms of low mood/anxiety/frequent worrying/ruminating thoughts.

Registration: There is no cost, but you need to pre-register as space is limited. Call 519 833-7576 ext. 362 or visit our website at www.ewfht.ca, under “Workshops”
