

# SEPTEMBER 2019 EVENTS



## CONNECT & LEARN

**SOCIAL: Self-Care** – Create a toolbox to help you through the difficult moments

**Oakville** – Wednesday September 11- 6:00 - 8:00p.m.  
Oak Park Neighbourhood Centre - 2200 Sawgrass Drive

**Milton** - Thursday September 19 - 6:00 - 8:00p.m.  
Hugh Foster Hall - 141 King St.

SPECIAL EVENT FOR YOUTH  
PRESENTED BY YOUTH

**jack.org**

**Burlington:** Saturday September 21 11:00 am – 1:00pm.  
Presented by Jack.org


The Burlington Performing Arts Centre – 440 Locust St.

A mental health presentation delivered by young people for young people. The speakers will share their own mental health journey, educate about the basics of mental health and share lessons on how to recognize the signs of a struggle. Most importantly, the talk covers how to connect with resources.

**REGISTER ONLINE AT:**

[haltonfamiliesforfamilies.com/events/registration](http://haltonfamiliesforfamilies.com/events/registration)

Please notify us if you require any accommodations

 HaltonFamiliesforFamilies  @HaltonFFF

[www.haltonfamiliesforfamilies.com](http://www.haltonfamiliesforfamilies.com)



Impacted by a child or youth's mental health?

Looking to learn some parenting strategies?

Want to connect with Halton families who can relate?

Join us as often as you can for our **FREE** monthly events:

### FAMILY NIGHT SOCIALS

Bring the whole family and join us for a social evening in a friendly and supportive environment

### EDUCATIONAL WORKSHOPS

Join us as we explore a variety of topics

Light refreshments and snacks provided at socials and workshops

