



**Canadian Mental  
Health Association**  
**Hamilton**  
*Mental health for all*

**BACK TO SCHOOL:**

# **SUPPORT YOU AND YOUR CHILD'S MENTAL HEALTH**

**FREE ZOOM WEBINAR**

Join us to discuss and learn about how you as a parent or caregiver can cope with the challenges COVID-19 presents for you and your family, how to manage stress, and how to cope with your child(ren) returning to school.

**REGISTER NOW!**

**AUGUST 24, 2020**

12:00PM-1:00PM

[HTTPS://WWW.EVENTBRITE.CA/E/BACK-TO-SCHOOL-SUPPORT-YOU-AND-YOUR-CHILDS-MENTAL-HEALTH-TICKETS-116782424375](https://www.eventbrite.ca/e/back-to-school-support-you-and-your-childs-mental-health-tickets-116782424375)

**SEPTEMBER 18, 2020**

12:00PM-1:00PM

[HTTPS://WWW.EVENTBRITE.CA/E/BACK-TO-SCHOOL-SUPPORT-YOU-AND-YOUR-CHILDS-MENTAL-HEALTH-TICKETS-116783333093](https://www.eventbrite.ca/e/back-to-school-support-you-and-your-childs-mental-health-tickets-116783333093)