

MOVING ON MENTAL HEALTH

CREATING A MORE EFFECTIVE AND ACCESSIBLE MENTAL HEALTH SYSTEM IN RENFREW COUNTY

Do you have, or did you have a child/youth who faced mental health challenges?

Have you accessed mental health services in Renfrew County for yourself or your child/youth?

How can we improve mental health services in Renfrew County?

The mental health system can be confusing. It can be difficult to access, and long wait times are frustrating. By working together, we can create a more accessible mental health system, ensuring anyone facing mental health challenges will receive the right service at the right time.

Parents, caregivers and adults affected by, or who have a loved one affected by mental health challenges, we need to hear from you. Tell us about your experience navigating the current mental health system in Renfrew County.

What worked?

What didn't?

How we can improve things?

There will be five community meetings, facilitated by The Ontario Centre of Excellence for Child and Youth Mental Health, Parents' Lifelines of Eastern Ontario and Parents for Children's Mental Health and The Phoenix Centre.

You're invited to attend the meeting that best fits you.



Date	Time	Location	For Who
November 15	12 pm – 3pm	Health Centre Pikwakanagan	First Nations/ Inuit/Metis parents & adults
November 15	5:30 pm – 8:30 pm	Employment Services Training Room 3025 Petawawa Blvd	All military parents/ adults (including veterans) Deadline to register: November 14 at noon
November 16	12:00 pm – 3:00pm	Rocky Mountain House 409 Stewart St. Renfrew	Renfrew Community Session All parents & adults
November 16	5:30 pm – 8:30pm	Opeongo Room The Carefor Mackay Centre 700 Mackay Street	Francophone parents & adults (French Session)
November 16	5:30 pm – 8:30pm	Madawaska Room The Carefor Mackay Centre 700 Mackay Street	All parents & adults

SPECIAL FEATURES:

Free registration **2 draws of \$50 Visa Cards** **Child Care support if required**
Full meal provided **Transportation support if required**

REGISTRATION

Phone 613-735-2374 and tell receptionist you wish to register for Moving on Mental Health Session. Leave your name, e-mail, phone number and which session you are interested in to glubimiv@phoenixctr.com.

Find out more about Moving on Mental Health at www.phoenixpembroke.com.