

Parents and Caregivers often have a difficult time providing care to a child or young adult experiencing mental health concerns and often wonder how best to parent and provide support.

**Kristin Gear**

Phone: 780-743-1053

advocate@woodbuffalo.cmha.ab.ca

**Drop in** – Every Thursday

**9:30am-10:30am**: Father Beauregard School

*(255 Athabasca Ave, Fort McMurray)*

**6:30pm-7:30pm:** CMHA Office

*(27B 10019 MacDonald Ave, Fort McMurray)*