

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**

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**Drop in** – Every Thursday  
**9:30am-10:30am**: Father Beauregard School  
 *(255 Athabasca Ave, Fort McMurray)*  
**5:30pm-6:30pm:** CMHA Office  
 *(27B 10019 MacDonald Ave, Fort McMurray)*