

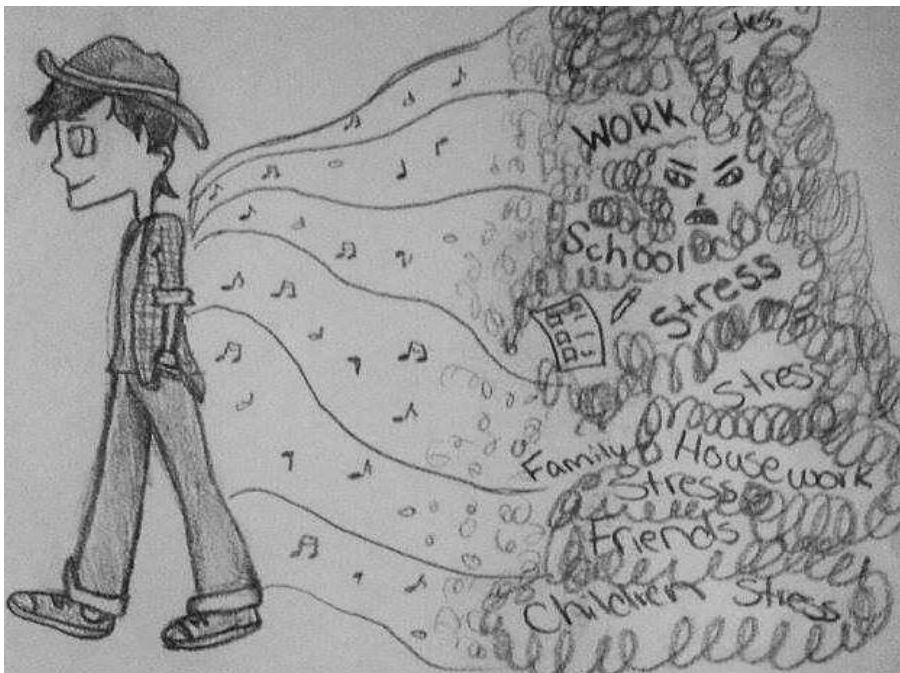


Photo by R. Henhawk 2015

MAY 5, 2015 STRESS LESS

In support of Canadian Mental Health Week

An educational event for every member of the family

Join us for a free event that is geared to educate parents and youth about mental health, stress reduction, and stress management. This event will be hosted at Cathedral Catholic High School (30 Wentworth Street N, Hamilton)

Come and learn how to Stress Less! There will be separate sessions for parents and youth (aged 7-12 & 13-16). Youth programs include art, cooperative play and relaxation activities.

To register call: (905) 570-8888 ext 236

Or register online at: www.mcmasterchildrenshospital.ca/cymhp

#StressLess2015

SCHEDULE OF EVENTS:

3:30 PM – 4:15 PM
REGISTRATION /
COMMUNITY INFO
BOARD

4:15 PM – 5:15 PM
STRESS LESS
EVENTS

5:15 PM – 6:00 PM
DINNER
(VEGAN FRIENDLY)

CATHEDRAL CATHOLIC HIGH SCHOOL

**30 WENTWORTH STREET N,
HAMILTON ONTARIO**

Sponsored by:
Children's Service System
Committee