

My name is Stacie Byrne. I'm the Project Lead with the Child and Youth Mental Health and Substance Use Collaborative. We work to bring together multiple stakeholders through relationship building for children, youth and families who have, or are at risk of developing, mental health or substance use challenges.

Please visit our Facebook page or website for more information on our community partners and committee members including SD19, RCMP, Women's Shelter, Queen Victoria Hospital and more [www.revelstokecymhsu.ca](http://www.revelstokecymhsu.ca)

The world is changing and parents need questions answered now. It's more difficult than ever to stay up-to-date on what might affect your child's mental health or substance use. It takes a community working together to support families to have the tools you need to have the conversations at home on an ongoing basis. Responding to the growing concern around opioids, depression, cutting, vaping, screen addiction, eating disorders and more is everyone's responsibility and we're here to be open and honest without judgment or stigma. We're all in this together.

Through feedback from previous events, we've learned that parents and community members do not get as much out of the "lecture style" of learning; thus, we created an event called "Not Another Lecture Parent Info Night" on November 29th. This brought together medical, mental health, legal, and community service providers to be available to parents to answer any questions you may have in the moment; to discuss through conversation topics that you wanted to know about. This is ground-breaking as few communities are working together as effectively as we are and making the information as accessible as we are. It takes all of these stakeholders working together in positive relationship with one another to provide the support that a community deserves. The feedback was extremely positive from the event and there have been requests to do this again.

On April 16<sup>th</sup>, 2019 we are doing it again! We're hosting another evening of conversation and we are asking parents to provide a considerable amount of input for this event to be sure it meets your needs! We want to continue to support you and your families to have open, honest conversations about mental health and addictions.

This event is for all parents of all school aged children.

Please send any feedback or ideas you may have, service providers you want to attend, resources you'd like to see available, heck, even what snacks you'd like us to provide next time!! No input is too small or too big.

Email Stacie at [revelstokecymhsu@gmail.com](mailto:revelstokecymhsu@gmail.com)

Thank you, thank you, thank you!



**Coming soon...**

Parents, share your insights  
and ideas at

[revelstokecymhsu@gmail.com](mailto:revelstokecymhsu@gmail.com)

**OPEN HOUSE PARENT  
INFO NIGHT**

**#NOTANOTHERLECTURE**

**#JUSTSAYKNOW**



**APRIL  
16,  
2019**