

# Salt Spring Island Child & Youth Mental Health and Substance Use

## CALENDAR OF PUBLIC EVENTS

Please join the Salt Spring Island and surrounding Gulf Islands community for free psychoeducational events designed for parents and caring adults of children and youth.

Wednesday  
**October**  
**12**

### **Anxiety & Adolescence**

with Tamara Strijack, M.A., Neufeld Institute

All welcome!

6 – 8 p.m.

Fernwood Elementary School

Please RSVP at [cymhsu\\_anxiety-and-adolescence.eventbrite.com](https://cymhsu_anxiety-and-adolescence.eventbrite.com)

### **Challenging Conversations with Teens**

with Dr. Kirsteen Moore, High Risk Team, MCFD

All welcome!

4 – 6 p.m.

Salt Spring Island Public Library

Please RSVP at [cymhsu\\_challenging-conversations.eventbrite.com](https://cymhsu_challenging-conversations.eventbrite.com)

Wednesday  
**November**  
**9**

Snacks and beverages provided!

Child Minding Provided.

For more information please contact: Justine Thomson, [jthomson@divisionsbc.ca](mailto:jthomson@divisionsbc.ca)

Brought to you by the Salt Spring Island Local Action Team as part of the Child and Youth Mental Health and Substance Use (CYMHSU) Collaborative, funded in partnership by Doctors of BC and the BC government.

