



Your invitation to Helping Kids Inside & Out information session

Helping build a better future.



RBC
Children's Mental
Health Project

RBC® is helping children be healthy inside and out through the RBC Children's Mental Health Project. This project supports almost 200 organizations across Canada that provide early intervention, reduce stigma, increase awareness and provide educational resources for children's mental health issues.

This *Helping Kids Inside & Out* information session is made possible by RBC in partnership with the York Centre and Ceridian Canada[†], experts in the field of mental health. In 60 minutes, you'll learn:

- What the prevalent mental health issues affecting children and their families in Canada are;
- How to distinguish between “normal” behaviour and symptoms of mental illness;
- Early warning signs of mental illness;
- Tips on how to find support and where to find resources if you're worried about your child.

We would like to extend this invitation to you.

Please join us at The York Centre for Children, Youth and Families, an accredited children's mental health centre, for a special information session.

Date: Wednesday, October 17, 2012

Time: 6:30 p.m. – 8:00 p.m.

Location: The York Centre for Children, Youth and Families
11225 Leslie Street
Richmond Hill, ON L4S 1N5

If you are able to attend, please RSVP with the number of attendees to Diane Legris at 905-887-5896 #0 or diane.legris@theyorkcentre.ca by October 12.

Refreshments and sandwiches will be served.