

Parents' Night Out and New Westminster Police Department Present:

From Mental Health to Mental Wellness

With Registered Clinical Counsellor Christine Yu

A step-by-step guide of how to help their children and teens manage stress and build resilience.

October 25 / 6:30pm - 8:30pm / Free
JIBC Auditorium / Childminding

Register at [eventbrite.ca](https://www.eventbrite.ca)

For more information call Robin Stewart 778-874-4700