



# YOU ARE INVITED TO A MENTAL HEALTH EVENT FOR PARENTS AND CAREGIVERS



HOSTED BY

## DURHAM TALKING ABOUT MENTAL ILLNESS (TAMI) COALITION



### Presenters:

#### Dr. Kofi Belfon, Clinical Psychologist

Dr. Belfon will provide an overview of mental health and mental illness in children and youth and will share information about mental health resources.

#### Val, TAMI Speaker:

Parents/caregivers will also have an opportunity to hear from a TAMI speaker who will share her personal story of hope and recovery.

Followed by Q and A session

**Tuesday, May 7, 2019**

**7:00 - 8:30 pm**

**Notre Dame Catholic Secondary School / J. Clarke Richardson Collegiate  
1375 Harwood Ave. N., Ajax**

**~ Please park and enter on North (Notre Dame) side of building ~**

Register at: <https://tami4parents.eventbrite.ca>

**(Walk-ins also welcome)**

**Doors open at 6:30. Come early to visit our community displays.**

The Durham TAMI Coalition is a partnership between 3 local school boards, 2 local hospitals, Public Health, mental health agencies and community supports servicing children, youth and families in Durham Region. To learn more about the Durham TAMI Coalition, visit: [www.TAMIdurham.ca](http://www.TAMIdurham.ca)