



**September 19**  
*at The Oasis in Kanata*

# **Caring for Caregivers of Youth with Mental Health Needs**

**Glen Cairn United Church  
140 Abbeyhill Drive, Kanata**

**Monday, September 19, 7 to 9 pm  
Free. All welcome.**

Dr. Suntharalingam, an Inpatient Child and Adolescent Psychiatrist at the Children's Hospital of Eastern Ontario (CHEO), will discuss common psychiatric illnesses in youth, the importance of the emotional and mental wellbeing of their caregivers, and strategies and resources to help minimize caregiver burnout.