

# PILLARS:

## Parent Support Group

*Sign-up is not required. Just drop in.*

**Is your son or daughter  
misusing drugs or alcohol?**

**You are not alone.**

Come together with parents who are going through, or have gone through, the same things you are.

This group is formed by parents and is *completely confidential*.

### **What to expect?**

- Community resources shared
- Information provided
- Guest speakers
- Advocacy for our children, addressing the related challenges in the community
- Other's stories & support



~ Although every parent's experience is different, we can support each other to stand strong. ~



Chatham-Kent  
Community Health Centres  
Centres de santé communautaire  
de Chatham-Kent



Pillars is lead by community members and supported by these organizations.

### **Where:**

Chatham-Kent  
Community  
Health Centre  
150 Richmond St.,  
Chatham

### **When:**

1st & 3rd Monday  
of each month  
5:30-7:30

Call 519-397-5455  
if you have any questions  
or visit us on Facebook  
(Chatham's Pillars:  
Parent  
Support Group)