



Mental Health Literacy Training

For Parents of JMHS Students

Saturday, February 16th

9AM-3PM in the JMHS Library

COST: FREE!

25 Seats Available

A special Introduction by JMHS Project End the Stigma

We (Project E.T.S) are a student initiative that has been touring and presenting to political groups (Provincial District Education Council & Deputy Minister of Education) to acquire more mental health services for schools. A community is only as strong as the people within it; help us make our community the strongest it can be!

Mental Health Literacy Objectives/Pillars:

1. Know how to obtain and maintain good mental health
2. Stigma reduction
3. Understand Mental Illnesses and Treatment options
4. Increase help-seeking efficacy (when, where & who to go to for help)

Facilitator

John B. Fletcher, MEd, CCC

ASD-N Mental Health Mentor

To reserve your spot, please email john.fletcher@nbed.nb.ca