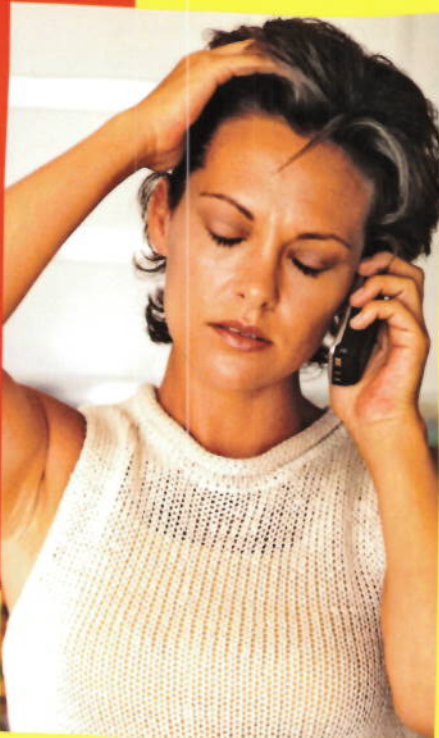


Parents' Lifelines

Looking for help understanding mental health or addiction services for your child or youth? Or support for yourself?



- Call our Confidential Helpline to speak with someone who understands and can help you navigate the system
- Attend one of our Parent/Caregiver support groups
- Visit our website for information, resources and group meeting times

613.321.3211

Ottawa

1.855.775.7005

Renfrew County – Prescott Russell
Stormont, Dundas & Glengarry
North Lanark-North Grenville

info@pleo.on.ca • www.pleo.on.ca



PLEO Parents' Lifelines
OF EASTERN ONTARIO

Charitable Organization #8956-35019-RR0001



United Way
Centraide
Ottawa



Ontario
Champlain Local Health
Integration Network

You never need to feel alone