

# Community Coming Together

## Mental Health Capacity Building Initiative

Monsignor McCoy, St. Mary's, Notre Dame Academy

202 8th St NE, Medicine Hat, AB T1A 5R6

November 10, 2011

Dear Parents and Guardians

This month is addictions awareness month through your schools' Community Coming to Together project, and as such we will be hosting a parent information night at Monsignor McCoy High School on Wednesday November 16, 2011 at 7pm. This will be a 1 hour presentation focusing on warning signs that a young person may be using, some basic drug information, and some tips on how to talk to your young person about substances. This information will be presented by an Alberta Health Services Addictions Counsellor.

In addition to our parent information night please know that an addictions counsellor is available at your child's school meet individually or as a family. All services are free and confidential. If you have any questions please feel free to contact any team member of CCT or myself directly. I can be reached at 403-529-3582. Hope to see you there!

Sincerely,

Melanie Mwaura, BHSc

Alberta Health Services

Addictions and Mental Health

Medicine Hat- Addictions

Addictions Counsellor

Community Coming

Together

*Working Together Today*

*for a better Tomorrow*