



PLEO—PARENTS' LIFELINES OF EASTERN ONTARIO
Families for child and youth mental health & addictions

**PLEO's Board of Directors is pleased to invite you
to an informative evening as part of our
2015-16 Annual General Meeting**

Please join us as we celebrate another year of helping parents and families
in our community and offer not one but two informative presentations:



SELF-COMPASSION AND OTHER THINGS TO DEAL WITH BULLYING

Dr. Phil Ritchie, Psychologist at the Children's Hospital of Eastern
Ontario

**CONNECTED YET ALONE: HOW TECHNOLOGY (ADDICTION)
DISRUPTS OUR ATTACHMENTS AND WHAT WE CAN DO
ABOUT IT**

Dr. Hazen Gandy, Child and adolescent psychiatrist at the Chil-
dren's Hospital of Eastern Ontario



September 12, 2016 — 6:15 to 8:30 PM

**Crossroads Children Centre
2nd Floor Meeting Room
1755 Courtwood Crescent, Ottawa, ON**

Light refreshments will be served
Free parking is available on the street or behind the building.

Please RSVP by September 8th — info@pleo.on.ca / 613-321-3211