THE INDEPENDENT SE **EXAMPLE 1**



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BASKIN

FAMILY CREDITS ROCK WITH GIVING YOUTH A FRESH START

AGENCY OFFERS WIDE RANGE OF MENTAL HEALTH SERVICES

ROLAND CILLIERS rcilliers@metroland.com

According to the Canadian Mental Health Association, one in five children and youth in Ontario has a mental health challenge.

That means there is a very good chance a young person in your life could be struggling with anxiety, depression, an eating disorder or any number of — unfortunately — common mental health struggles. To make mat-

See ROCK, page 7



'Get what you're askin go with team Baskin'

Emmett Ouellette found valuable assistance through ROCK's support services.

Graham Paine/Metroland

RE/MAX

