



It's really tough to be going through hard stuff with a child or youth who is struggling with their mental health and they end up in crisis – and we want to help you. We know what it's like because we've been there.

TOPICS:

Session 1& 2:

How to Support a Safety Plan at Home

Session 3:

How to Take Care of Yourself and Family After a Crisis

Session 4:

How to Find the Resources You Need

There is no cost to families. Registration is required: www.familysmart.ca/workshops

REGION: FRASER

Dates: August 8, 10, 15, and 17, 2022

Time: 12:00pm – 1:00pm

Dates: August 2, 4, 9, and 11, 2022

Time: 5:00pm – 6:00pm

Help for the Hard Times workshops are facilitated by parents with lived experience. The workshops are hosted online and include a one-on-one videoconference or phone call with a Facilitator.