



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: June 6, 2022
June 8, 2022
June 13, 2022
June 15, 2022

Time: 12:00pm – 1:00pm

Dates: June 7, 2022
June 9, 2022
June 14, 2022
June 16, 2022

Time: 7:00pm – 8:00pm

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.