



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

Region: FRASER

Dates: September 19, 21, 26 and 28, 2022

Times: Time: 12:00-1:00 pm

Dates: September 6, 8, 13 and 15, 2022

Times: Time: 6:00-7:00 pm

Dates: October 17, 19, 24 and 26, 2022

Times: Time: 12:00-1:00 pm

Dates: October 11, 13, 18 and 20, 2022

Times: Time: 5:00-6:00 pm

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

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