



FamilySmart®



Help for the Hard Times

FAMILIES HELPING FAMILIES



VANCOUVER
BC Children's Hospital

FRASER
Surrey Hospital

SOUTH ISLAND
Victoria General or Ledger House

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

Region: **FRASER**

Session 3:

How to take care of yourself and family after a crisis

Evening sessions:

Dates: **Nov. 2, 4, 9, 10**

Time: **7-8 pm**

Daytime sessions:

Dates: **Nov. 1, 3, 8, 10**

Time: **12-1 pm**

Session 4:

How to find the resources you need

Dates: **Dec. 7, 9, 14, 16**

Time: **7-8 pm**

Dates: **Nov 29, Dec 1, 6, 8**

Time: **12-1 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.

