



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: Richmond/Vancouver

Dates: November 15, 17, 22, 24

Times: 7:00-8:00 P.M.

Dates: December 1, 6, 8, 13

Times: 12:00-1:00 P.M.

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.

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