



TEENS IN CONTROL

RESILIENCY BUILDING WORKSHOP FOR YOUTH AGES 12-18 WHO HAVE A FAMILY MEMBER WITH MENTAL ILLNESS

Learn about mental illness in a safe, accepting environment and connect with other youth who have similar experiences.

- 3 workshop sessions
- Small group discussion, activities and games
- Dispels myths and misinformation
- Builds coping skills and self-care practices
- Relaxed, social setting
- Snacks provided

UPCOMING PROGRAM DATES AND LOCATIONS:

Westcoast Family Centres | 2062 Manning Avenue, Port Coquitlam

Mondays, January 20, 27 & February 3, 2020 | 4:00 – 6:00 pm

FOR MORE INFORMATION AND TO REGISTER, PLEASE CONTACT:

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www.bcss.org/kidsincontrol

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