



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
- 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: May 3, 5, 10, 12	Dates: June 7, 9, 14, 16
Time: 12-1pm	Time: 12-1pm
Dates: May 4, 6, 11, 13	Dates: June 1, 3, 8, 10
Time: 7-8pm	Time: 7-8pm

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

