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Help for the Hard Times – *Families Helping Families*. An ONLINE workshop series for families and caregivers whose child or youth has been a patient at Surrey Memorial's Child & Adolescent Psychiatric Stabilization Unit (CAPSU) OR Adolescent Psychiatric Unit (APU).

Week 1, sessions 1 & 2: How to support a safety plan at home.

It's really tough to be going through hard stuff with a child or youth who is struggling - and we want to help you. We know what it's like because we've been there.

The most important thing about a Safety Plan is not the plan, it's you. We'll talk with you about:

- How to strengthen your influence while supporting your child's need for control;
- Boundaries - what they are, how to set them and why they are so important;
- Tolerating the unknown--how and what you can focus on to be more effective;
- Concrete example of things to say and do to help things go better;
- Practical ways to support your child in using their safety plan.

Week 2, session 1: How to take care of yourself and family after a mental health crisis.

How is it possible to take care of yourself when your child or youth is needing so much care from you? We know, it seems impossible - and we want to help you.

The most important thing about Self-Care is that it doesn't need to be a big thing, or something that other people say you should do. It's about what works for you. We'll talk with you about:

- How taking care of ourselves can positively influence our child's wellness journey;
- Think basics. It can be something you already do - it is NOT something "more";
- It can also be something you used to do and it made you feel good - do it again;
- How it can feel like people are judging you by saying you should do self-care;
- It doesn't mean you sacrifice or let go of your responsibilities;
- Choosing how we respond is a way to do self-care.

Week 2, session 2: How to find the resources you need.

We want to help you understand the key resources and connect you to the people who can help.

The most important thing about resources is understanding the limitations of what they can and cannot do. We'll talk to you about what we've found helpful including:

- An overview of key provincial and regional services;
- The purpose of the ER and how to utilize this in response to a crisis;
- Tips to help you organize information and what you need to know about information sharing;
- Community resources you can access directly for support;
- How connecting with a FamilySmart® community PIR can benefit you.

“Help for the Hard Times” is facilitated by the FamilySmart® team on GoToMeeting.

There is no cost to families. Registration is required.

We will be offering 1-1 calls in the week following each workshop to answer any questions participants may have and to offer support.

If you have questions or want to register, please visit our website: familysmart.ca/workshops