



BC Schizophrenia Society

Kids in Control

Children's Support Group (age 8-13)

Hello,

Kids in Control is starting soon in New Westminster. This group will begin on **Monday, July 9th, 2012** and continue twice per week on **Mondays and Wednesdays for three weeks**, ending on July 25th. Each session, the group will start at 10:00am and end at 12:00pm, and the participants will be provided with snacks. The group will take place at **Purpose Society**, which is located at **40 Begbie St**, one block East of the New Westminster Skytrain Station. Assistance with transportation is available if necessary.

Kids In Control is a support group for children aged 8 to 13 that have a parent with a mental illness. The focus of the group is to help children cope with and understand their parent's illness. In the group the children learn:

1. That they are not alone in their experience
2. How to identify feelings
3. About healthy boundaries and how to communicate feelings
4. About mental illness and it's treatment
5. Ways to develop resiliency
6. About societal attitudes and stigma
7. Healthy self-care tools while building self-esteem

The issues are addressed using arts and crafts, group discussion, games, teaching and guest speakers. The children have fun and learn skills at the same time. One of the greatest benefits from the group is that kids get the support of other children who share their unique experience. Whether kids have a parent with depression, anxiety, schizophrenia or any other mental illness, they all find that they have some common experiences.

If you have any questions about whether this group is appropriate for a family you know, please contact me at kashmirb@hotmail.com or **(778) 218-1180**. If you have a referral, please submit via email, using the attached referral form.

Thanks and take care,

Kashmir Besla