



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: March 6, 8, 13 and 15, 2023

Times: 12:00-1:00 pm

Dates: March 6 and 8, 2023

Times: Time: 6:00--8:00 pm

Dates: April 3, 5, 12, and 17, 2023

Times: 12:00-1:00 pm

Dates: April 18, 20, 25 and 27, 2023

Times: 6:00-7:00 pm

There is no cost to families. Registration is required: [www.familysmart.ca/workshops](http://www.familysmart.ca/workshops)

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.