



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: [Richmond/Vancouver](#)

Dates: [October 17, 19, 24, 26](#)

Times: 12:00PM -1:00PM

Dates: [November 15, 17, 22, 24](#)

Times: 7:00PM – 8:00 PM

There is no cost to families. Registration is required: 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.