



FamilySmart



# Help for the Hard Times

WORKSHOP



SUPPORT  
FOR PARENTS  
AND CARERS

## Supporting Your Family After a Mental Health Crisis

“Really filled the gap where it was most needed by way of information and moral support. I feel this workshop nailed the exact questions and concerns I as a parent was having.”

### TOPICS INCLUDE:

- How to support a safety plan at home
- How to take care of yourself and family after a crisis
- How to find the resources you need

### THE WORKSHOP IS OFFERED FOUR TIMES EACH MONTH FOR B.C. FAMILIES:

- Wednesdays: 9:30am - 11am (2 weeks)
- Tuesdays and Wednesdays: 12pm - 1pm (2 weeks)
- Thursdays: 12pm - 1pm (4 weeks)
- Thursdays: 6pm - 8pm (2 weeks)

*The workshop is free and offered online. Registration required.*



[familysmart.ca/workshops](https://familysmart.ca/workshops)

