



# FAMILY

## Peer Support in Richmond

We offer support for parents and caregivers of children and youth with mental health and/or substance use challenges.

### HOW CAN WE HELP YOU?

- We provide a safe space to talk, free of judgement and blame.
- We listen and help you find the resources and services in your community
- We can help you prepare for meetings with your school and other professionals who are working with your child.
- We can meet in ways that work best for you - in person, by phone, video chat, or email.

### WHY DO WE DO IT?

- We have been there ourselves and we have connected with and learned from other families over 20+ years, and we want to share that with you.

**FAMILIES CAN ACCESS PEER SUPPORT SERVICES IN CANTONESE, ENGLISH, MANDARIN AND PUNJABI.**

### TO CONNECT WITH A FAMILY PEER SUPPORT WORKER:

Email: [richmond@familysmart.ca](mailto:richmond@familysmart.ca)

Phone: 604-607-9570

Family Peer Support workers are part of BC's Integrated Child & Youth (ICY) Teams

### WE ARE FAMILIES, AND WE HELP FAMILIES.

請讓我們幫助您和您的家人。因為我們都是一家人。 請讓我們幫助您和您的家人。因為我們都是一家人。

ਅਸੀਂ ਪਰਿਵਾਰ ਹਾਂ, ਅਤੇ ਅਸੀਂ ਪਰਿਵਾਰਾਂ ਦੀ ਮਦਦ ਕਰਦੇ ਹਾਂ।

