



Support for parents  
and caregivers after  
a mental health crisis.

# Help for the Hard Times

When our kids experience a mental health crisis, it can leave our families feeling overwhelmed, isolated, and unsure of what to do next. Help for the Hard Times is a free, online workshop created by families, for families like ours. We've been there too, and we want to help.

## What You'll Learn:

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

Free and Online. Registration Required.  
Register online at [familysmart.ca/workshops](https://familysmart.ca/workshops)



FamilySmart  
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