



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



FamilySmart
Together-Centred