

FRASER
Surrey
Hospital



FamilySmart®



Help
for the **Hard**
Times

FAMILIES HELPING FAMILIES



**AN ONLINE
WORKSHOP SERIES FOR
FRASER FAMILIES AND
CAREGIVERS WHOSE
CHILD OR YOUTH WHO
HAS BEEN A PATIENT AT
SURREY HOSPITAL'S CAPSU
OR APU. SPACE MAY BE
AVAILABLE FOR OTHER
FRASER FAMILIES THAT
HAVE AN INPATIENT STAY
AT ANOTHER HOSPITAL**

“ It’s really hard 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. ”

Help for the Hard Times workshops are facilitated by the Parents in Residence at CAPSU. The workshops are hosted online and include a one-on-one video conference or phone call with a Facilitator.

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

There is no cost to families. Registration is required. Priority is given to Surrey Hospital’s CAPSU and APU families. Seats will be offered to other Fraser families as available.

Have questions or want to register?

Please visit our website:

www.familysmart.ca/workshops