



# PARENT GROUP SUPPORT & EDUCATION



## For Families of Youth with Mental Health & Substance Use

- ❖ Psychoeducation regarding mental health and substance use;
- ❖ Skills to cope with the impact of concurrent disorders;
- ❖ Opportunity to share experiences in a supportive environment;
- ❖ Exploration of self-care strategies for all family members;
- ❖ Empowerment and collaboration within the journey to recovery.

**Schedule: Thursday Evenings from 18:00 to 20:00  
Starting May 3<sup>rd</sup> until June 28<sup>th</sup>, 2018**

**Location: Foundry North Shore  
211 West 1<sup>st</sup> Street  
North Vancouver, BC**

Facilitated by Child & Youth Mental Health Liaison Laura Laframboise (Foundry)  
& Family Counsellor Nancy Ross (Westcoast Family Centres Services).

To register or for more information please contact Laura by email  
[laura.laframboise@vch.ca](mailto:laura.laframboise@vch.ca) or phone (604) 789-3265.