

# FAMILY

## Peer Support



**WE ARE FAMILIES AND  
WE HELP FAMILIES.**

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

請讓我們幫助您和您的家人。因為我們都是一家人。  
请让我们帮助您和您的家人。因为我们都是一家人。  
ਅਸੀਂ ਪਰਿਵਾਰ ਹਾਂ, ਅਤੇ ਅਸੀਂ ਪਰਿਵਾਰਾਂ ਦੀ ਮਦਦ ਕਰਦੇ ਹਾਂ।

## 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

## FAMILYSMART.CA

