



*We are families and  
we serve families.*

**Are you looking for help or information about mental health support and services for your child, youth or young adult?**

We help children and young people by helping their family and other caring adults. We know children and young people do better when the adults who care about them are supported.

We are here for you and we want to help.

## **PARENT PEER SUPPORT FOR CASA FAMILIES**

We provide emotional support, information, resources and help in navigating services for all CASA parents and caregivers with a child or youth with mental health challenges.

Our services are free. No waitlist.

The CASA Parent Peer Support Workers are:  
**Lori Erickson** and **Marie Hill**

To connect with a Parent Peer Support Worker  
email [CASA@familysmart.ca](mailto:CASA@familysmart.ca)  
or call: 1 (855) 887 8004



Here are some of the ways we can offer support to you and your family:

## RESOURCES + VIDEOS

Our website has free resources and videos on topics important to families who are parenting a child, youth or young adult with a mental health and/or substance use challenge.

## EVENTS

Every month, we host online events called 'in the know' for parents and caregivers. We watch a video and share experiences and strategies that help in the hard moments and focus on strengthening our understanding & connection with our kids.

## WORKSHOPS TO SUPPORT FAMILIES AFTER A MENTAL HEALTH CRISIS

We offer workshops for parents and caregivers whose child or youth has been a patient in a psychiatric unit or had an ER visit because of their mental health. It's really tough when your child is struggling and ends up in crisis - and we want to help.

