



*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.

FAMILY 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 Family Peer Support Workers are:
Lori and **Carley**

To connect with a Family Peer Support Worker
email CASA@familysmart.ca
or call: **780-487-4284**



FamilySmart

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.

WHY WE DO IT?

We've been there ourselves and we have connected with and learned from other families over 20+ years, and we want to share it with you.

YOU ARE NOT ALONE. WE ARE HERE FOR YOU BECAUSE YOU ARE IMPORTANT TOO.

"It helped me to have someone to connect to that was supportive, could relate to my situation, and was empathetic, validating, kind and resourceful. It has helped me to feel less alone." -Parent

