



Parents in Residence are available to provide peer support to all families living in BC and to CASA families in Edmonton, Alberta. We work in community and on-site at BC Children's Hospital's Kelty Mental Health Resource Centre, at Surrey Hospital's Child & Adolescent Psychiatric Stabilization Unit (CAPSU) and at CASA

To connect with a FamilySmart Parent in Residence or for more information about our Programs and Services please visit:

www.familysmart.ca

Toll Free:

1 (855) 887 8004

Email:

info@familysmart.ca

FamilySmart® is a non-profit that works to enhance the experience and quality of services, support and information for children and youth with mental health challenges, and their families or caring adults.



PARENT IN RESIDENCE (PiR)



For families and caregivers who are parenting a child (0 to young adult) with a mental health and/or substance use challenge.

We are here for you and we want to help.



www.familysmart.ca

Parent in Residence



For families and caregivers who are parenting a child (0 to young adult) with a mental health and/or substance use challenge. We are here for you and we want to help.

- We are families, whose kids struggle with mental health challenges. We know what it is like because we've been there too.
- We understand how isolating it can feel when your child or youth is struggling.
- We know how hard it can be to find and wait for services and supports when you need help.
- We know that your whole family is being impacted.
- We also know how important you are, how hard you are working and that you may need some support right now, too.

In the Know (ItK) – information and support for families

ItK provides expert speakers on topics important to families. Watch an ItK video from our library or join an online discussion with other families to connect and learn. Online ItK discussions are facilitated by Parents in Residence and hosted monthly for families to join. www.familysmart.ca/itk

How can a Parent In Residence (PiR) Help You and Your Family?

We offer **peer support** to families and caregivers who are parenting a child (0 to young adult) experiencing mental health challenges.

We use our **lived experience** to help other families.

We will **listen** to you and understand what you are going through because we've been there.

We can connect your family to **resources and information** about services and supports that are available to you.

We can help you to **prepare for meetings** with the professionals who are providing services to your child or youth. We know how important these relationships are and that it really makes a difference when we can work well together.

We can talk with you about how you are taking care of yourself, **because you matter** and we know it's hard to think of yourself when your child is having a hard time.

PiRs can meet with families by phone, video chat, email and in-person (in some communities).

**Free service. No wait list.
We get it.**