

HOW DO I HELP MY YOUTH?

IF YOU ARE A PARENT WITNESSING

- *Panic attacks*
- *Isolation*
- *Binging (food, alcohol, drugs)*
- *Self-harm*
- *Suicidal thinking*

YOU ARE NOT ALONE!

**YOUR LOCAL ACTION TEAM
INVITES FAMILIES FROM**

AGASSIZ
CHILLIWACK
FRASER CANYON
HOPE

JOIN US IF YOU:

- **Want to be a part of change in the youth mental health system**
- **Have a story about accessing youth services that needs to be heard**
- **Wish to connect with other parents and caregivers to find out what's worked for them**

NEXT MEETING

JUNE 22, 2016

6 TO 8 pm

PRESENTER: F.O.R.C.E.

Lina Thompson, Parent-In-Residence

www.forcesociety.com



CONTACT INFO:

Maggie Aronoff

Local Action Team
Coordinator

(604) 308-9440

or

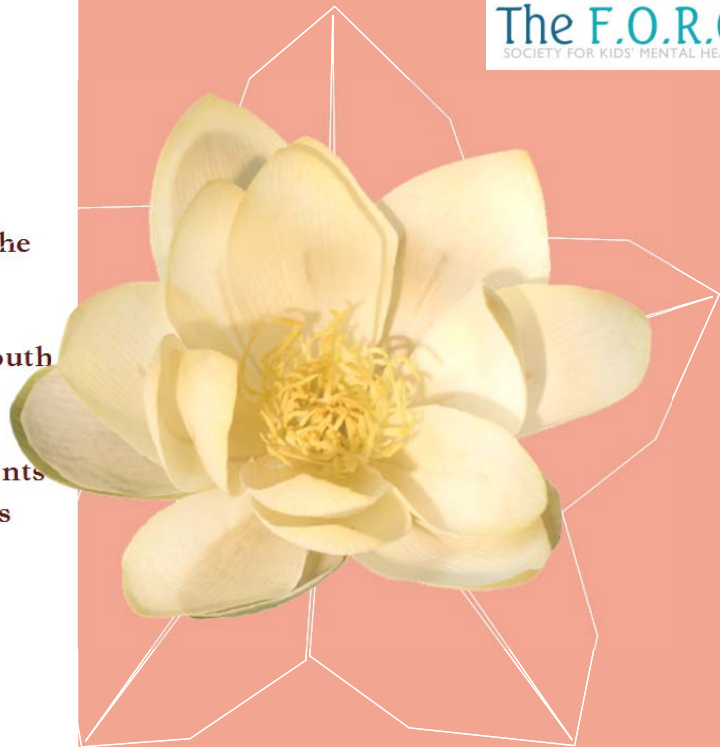
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doctors
of bc



The F.O.R.C.E.
SOCIETY FOR KIDS' MENTAL HEALTH



Brought to you by the Chilliwack Local Action Team as part of the Child and Youth Mental Health and Substance Use (CYMHSU) Collaborative, funded in partnership by Doctors of BC and the BC government.

Location: Neighbourhood Learning Center, 46363 Yale Road, Chilliwack
(transportation assistance and mileage reimbursement available – contact Maggie in advance)