



WE ARE FAMILIES AND WE SERVE FAMILIES

For CASA's families. Whether you are waiting for services, currently accessing services and/or have transitioned out of services at CASA - we are here for you.

We know how important you are, and that you might need some support too. We are also parents of kids with mental health challenges. We know what it is like because we've been there too. We are here for you and we want to help.

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

PARENT PEER SUPPORT

We provide emotional support, information, resources and help in navigating services for CASA parents & caregivers. We can meet with you to prepare for a meeting with the teachers and service providers who work with your child or youth. You can decide if you would like to meet with us in person, by video conference or by phone.

The CASA Parent Peer Support Workers are:
Lori Erickson and **Krista Nystrom**

To connect with a Parent Peer Support Worker or to learn more, email CASA@familysmart.ca or call: **1 (855) 887 8004** or visit our website at: www.familysmart.ca



FamilySmart
Together-Centred



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RESOURCES + VIDEOS

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

EVENTS

Every month, we host events called 'in the know' for parents & 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. Events are facilitated by FamilySmart Parent Peer Support Workers. Whether you are waiting for services, accessing services and/or have transitioned out of services at CASA - this is for you.

SCAN TO CONNECT WITH US

