



KIDS IN CONTROL

AN EDUCATION AND SUPPORT PROGRAM FOR CHILDREN AGES 8-12 WHO HAVE A FAMILY MEMBER WITH A MENTAL ILLNESS

Provides knowledge about mental illness in a safe, accepting environment where children can connect with others who have similar experiences.

- 8 consecutive 2-hour sessions
- Helps build resiliency and healthy coping strategies
- Dispels myths and misinformation
- Reduces anxiety and relieves fears about the unknown
- Provided in a relaxed, social setting
- Snacks provided

FOR MORE INFORMATION AND TO FIND OUT WHEN THE NEXT PROGRAM IS RUNNING, PLEASE CONTACT:

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www.bcss.org/kidsincontrol

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BRITISH COLUMBIA SCHIZOPHRENIA SOCIETY

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