



A REASON TO HOPE. THE MEANS TO COPE.
BRITISH COLUMBIA SCHIZOPHRENIA SOCIETY

Kids in Control & Teens in Control

WHAT ARE KIDS & TEENS IN CONTROL?

Kids & Teens in Control are free education and support programs offered by BC Schizophrenia Society.

WHO CAN PARTICIPATE IN THIS PROGRAM?

Participants are children and youth between the ages of 8 - 18 years old who have a family member with a mental illness and/or substance use disorder.

WHAT DOES THE PROGRAM LOOK LIKE?

Kids in Control is for children ages 8 - 12 years old and is currently offered as a eight-week online group. Each session is approximately 1.5 hours long and happens once per week.

Teens in Control is for youth ages 13 - 18 years old and consists of a two-day online workshop. Each session is 1.5 hours long and gives youth the opportunity to connect with peers who share similar experiences and interests.

Programs are run by two facilitators who have experience in mental health and working with children and youth.

FOR REFERRALS OR QUESTIONS, PLEASE CONTACT:

(604) 679-1191 | kidsincontrol@bcss.org | www.bcss.org/kidsincontrol

Funding for Kids & Teens in Control generously provided by:



Funded by the
Government of Canada



Administered by United Way
of the Lower Mainland



HOW DO CHILDREN AND YOUTH ACCESS THE PROGRAM?

Children and youth are referred to the program. Referrals are from a variety of sources, including health care professionals, community agencies, social workers, teachers, counsellors, and family/caregivers. Youth (14+) may self refer.

WHAT DO CHILDREN AND YOUTH GET FROM PARTICIPATING?

Through a variety of activities and games, participants are given the opportunity to practice healthy coping strategies, learn communication skills, and gain knowledge about mental illness.

Key takeaways include:

- they are not alone in their experience
- it isn't their fault, and it's not their responsibility to take care of or fix their family member
- facts about the emotional and physical symptoms of mental illness and its treatment
- knowledge about societal attitudes and stigma
- how to identify feelings and defenses
- how to develop communication and listening skills
- healthy boundaries, self-care practices and means to cope with stress

We also acknowledge the financial support of the Province of British Columbia.