

# Support for Children Affected by a Family Member's Mental Health Issues



***“Kids in Control,”*** offers education and support to children between the ages of 8-13 years who have been affected by a parent/family member’s mental health issues, such as depression, anxiety, bipolar disorder, and schizophrenia.

This group provides knowledge about mental health challenges in a safe, accepting environment where kids can connect with others who have similar experience.

- ❖ 8 sessions, meeting once a week for 1 ½ hours
- ❖ Arts, crafts, and interactive learning opportunities
- ❖ Next Group begins **October 11, 2017** 3:30 pm - 5:00 pm
- ❖ Accepts ongoing referrals

**Register Soon!**

If you would like more information or to register, please contact  
**Paula Goulden at Langley Community Services**

**604-533-7920, ext.1307**

