

When You & Your Child Feel Overwhelmed...

Reach Out!

Call or visit and reach out to someone that you trust.

Consider people that you know and trust that you can reach out to. It's helpful to think about who these individuals are before you feel the need for support. Everyone needs to reach out at some point - know that you aren't the only one!

Who's your support team?

Friend

Family Member

Family Doctor

Mental Health Supports

Parenting Program

