



FAME kids



FAMEkids Support Group

Toronto | Etobicoke | Scarborough | North York | Rexdale | Mississauga | Brampton | Orangeville

What is FAMEkids™ ? It is a **free**, 10-week program for children aged 7-12 years old, who have a family member with a mental illness. **FAMEkids™** helps kids learn about mental health in an age-appropriate manner and equips them with coping skills through artwork, discussion and games in a safe, kid-friendly environment. A nutritious meal is provided.

FAMEkids™ helps children to:

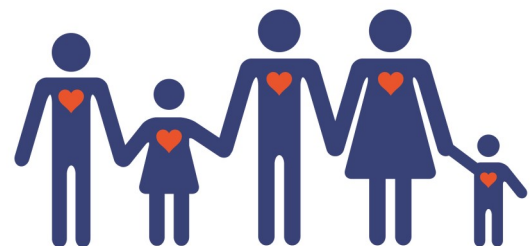
- Identify and express feelings in a safe environment.
- Explore healthy coping strategies.
- Gain accurate knowledge about mental illness.
- Develop personal support networks.
- Promote resilience and develop an operational action plan.



Individual support is available by appointment.

**For more information, please contact a
FAMEkids Staff Member:**

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416-207-5032 ext. 26
famekids.ca



FAMILY ASSOCIATION FOR MENTAL HEALTH EVERYWHERE

fameforfamilies.com