



FAME kids



Next FAMEkids Program: Downtown Toronto

Time: 4:00pm-6:00pm

Dates: Tues. September 18 & 25, Tues. October 2, 16 & 30,
Tues. November 6, 13 & 27, Thurs. December 6 & 13

Note: Registration is for all dates (please review dates carefully)

Where: Parliament St. Library, 269 Gerrard St. E., Toronto

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 snack 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.

**Register before
Friday, Sept. 7, 2018**

For more information and to register, please contact:

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FAMILY ASSOCIATION FOR MENTAL HEALTH EVERYWHERE

fameforfamilies.com