

Parent Support

Individual support is available to parents and guardians who have a child or youth impacted by mental illness in the family.

Supportive counselling includes information regarding the supports **FAME** provides for children and youth, resources to help individuals start a conversation about mental illness, assisting young individuals in their understanding process, providing referrals to community supports, and encouraging self-care strategies.



Support for Caregivers

FAMEkids Support Workers also provide support to parents and guardians who have a child up to age 12 experiencing a mental health concern.

Counselling includes referrals to appropriate community services, support in navigating the system for their child, solution-focused assistance, and promoting self-care strategies.

If a parent or guardian requires support for youth 13 and older, it is recommended to contact your local **FAME** Family Support Worker.

would like to acknowledge support for our programs from...



Become a FAMEkids Sponsor

Every child who participates in the ten week **FAMEkids** program receives a Safe Kid Kit.

Why Safe Kid Kits?

The kit is a backpack that the **FAMEkids** Coordinator customizes for each child according to their personal needs. Some children who participate in **FAMEkids** are identified as being marginalized or at risk. This backpack makes kids feel special and recognized.

What goes in a Safe Kid Kit?

The backpack contains items such as: personal toiletry kits, journal, writing and art materials, a Crisis Contact Card and much more. In addition, the backpack contains seasonal items such as mitts, winter hats and extra socks.

You can help a FAMEkid feel safer

To speak with **FAME** about how you, your organization or your company can become a **Safe Kid Sponsor**, contact the Executive Director at 416-207-5032 ext. 27.

FAME is a Registered Charity: #132582198RR0001

Let's Connect – Contact Us

For more information about the referral process, registration, and telephone intake, please contact our **FAMEkids staff: 416-207-5032 ext. 26.**

famekids@fameforfamilies.com



FAME kids

**At FAME, we understand
that growing up around
mental illness can be tough.**

famekids.ca

FAMEkids Support

FAMEkids allows children ages 7-12 and youth ages 13-17 who have a family member experiencing a mental health concern to access free supportive counselling services.

Unique specialized programming

Through specialized programming, **FAMEkids** provides a therapeutic approach to introducing mental illness to children and youth. It aims to promote resilience in a safe and age-appropriate environment.

The program educates and equips young individuals with understanding of mental illness through artwork, discussions and games.



FAMEkids' rationale is based on the belief that children and youth can be empowered with accurate knowledge about mental illness, and they are not alone in their experiences.

Services can include individual, group and telephone support to children, youth and their families. Supports are not limited to a particular service, and are based on individual need.

Visit our video library online at famekids.ca for more resources on mental health issues.



Individual Support



Individual service provides confidential, client-led supportive counselling to children ages 7-12. Designed to build upon pre-existing knowledge and skills, children are assisted in gaining accurate knowledge about mental illness, asking questions, reducing misconceptions, identifying and expressing feelings, exploring healthy coping strategies, and developing personal support networks.

Length of support

Individual support can be provided throughout the Greater Toronto Area on short-term (3 sessions), intermittent, and/or on-going basis depending on individual needs.

Youth Support

Individualized, confidential, and age-appropriate support can be provided to youth ages 13-17, in-person or over the telephone. Support is available to new and existing young individuals.

Need help right away?
Call **Kid's Help Phone** at
1-800-668-6868.



Group Support

FAMEkids is a free, 10 week after-school program for children ages 7-12 and includes a nutritious meal. Small group sizes allow participants to explore and share experiences in a peer-supported environment.

- Week 1:** Welcome & Introduction to Mental Illness
- Week 2:** Relationships between Thoughts, Feelings & Behaviours
- Week 3:** How the Brain Works
- Week 4:** Types of Mental Illness, Possible Causes & Diagnosis
- Week 5:** Symptoms and Treatment Options
- Week 6:** Protective Factors, Risk Factors & Coping Strategies
- Week 7:** Feeling Safe & Keeping Safe
- Week 8:** Working Through Fears
- Week 9:** Personal Safe Spaces
- Week 10:** Planning for the Future

Upon program completion, follow-up sessions will be conducted with each child and their caregivers. The purpose of the session is to provide feedback regarding the child's participation in the group, address questions or concerns, allow the child to share their knowledge and experiences, and to provide recommendations for future support.

