



fameKids

Kids are amazing.

We believe that all children have their own innate resiliency skills. This program is designed to build on their pre-existing knowledge and skills and to develop safer and more appropriate coping skills for the future.

What is fameKids?

A specialized program for children aged 7-12 who have a family member with a mental illness. It educates and equips kids with coping skills through artwork, discussion, and games in a safe environment.

fameKids helps kids 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.
- Develop an operational action plan.

Next sessions:

Scarborough: Sept.30—Nov.18, 2008 * 6-7:30pm * Agincourt Comm. Services
Etobicoke: Oct. 02—Nov. 20, 2008 * 6-7:30pm * Eatonville Public Library

No Fee for Service. Registration is Required.

Please contact:

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The Family Association for Mental Health Everywhere (F.A.M.E.) offers support to families where any mental illness is an issue by providing education, resources and coping strategies.