



# Resilient Caregivers

Education & Support  
for Parents of Teens

facilitated by **Amie Anderson**  
MSW, RCC

with **Amanda Taylor**  
Youth Worker



**A free 4-session group for parents and caregivers  
of teens facing mental health challenges**

**Are you a parent or caregiver of a teen  
struggling with mental health?**

This group offers a safe, supportive space to:

- Learn about teen mental health and resilience
- Build skills for supporting your child
- Connect with other parents and caregivers
- Reduce stress and isolation
- Ask questions to a qualified professional

**FREE REGISTRATION**

[info@amieandersoncounselling.com](mailto:info@amieandersoncounselling.com)

[amieandersoncounselling.com/caregiver-group](http://amieandersoncounselling.com/caregiver-group)

**THURSDAYS**  
**November 13**  
**December 11**  
**January 15**  
**February 12**  
**7-8:30pm**

**at the Mission Youth Centre**  
**33100 10<sup>th</sup> Ave**

**Provided by**



AMIE ANDERSON & ASSOCIATES  
Counselling Group

**In partnership  
with**

