



Resilient Caregivers

Education & Support
for Parents of Teens

with
Amie Anderson
MSW, RCC

**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

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

at the Mission Youth Centre
33100 10th Ave

Provided by



AMIE ANDERSON & ASSOCIATES
Counselling Group

**In Partnership
With**

