

• F O U N D R Y •

PENTICTON

Parents/Caregivers Need Support Too!

We are here to support you as you support your young person with mental health and/or substance use challenges.

Family Peer Support

Walk in Hours:

MONDAY 2:00 - 5:00

WEDNESDAY 4:00 - 6:00

THURSDAY 1:00 - 5:00

Or by Appointment

Drop in/Zoom in Support Group:

MONDAY 6:30 - 8:00

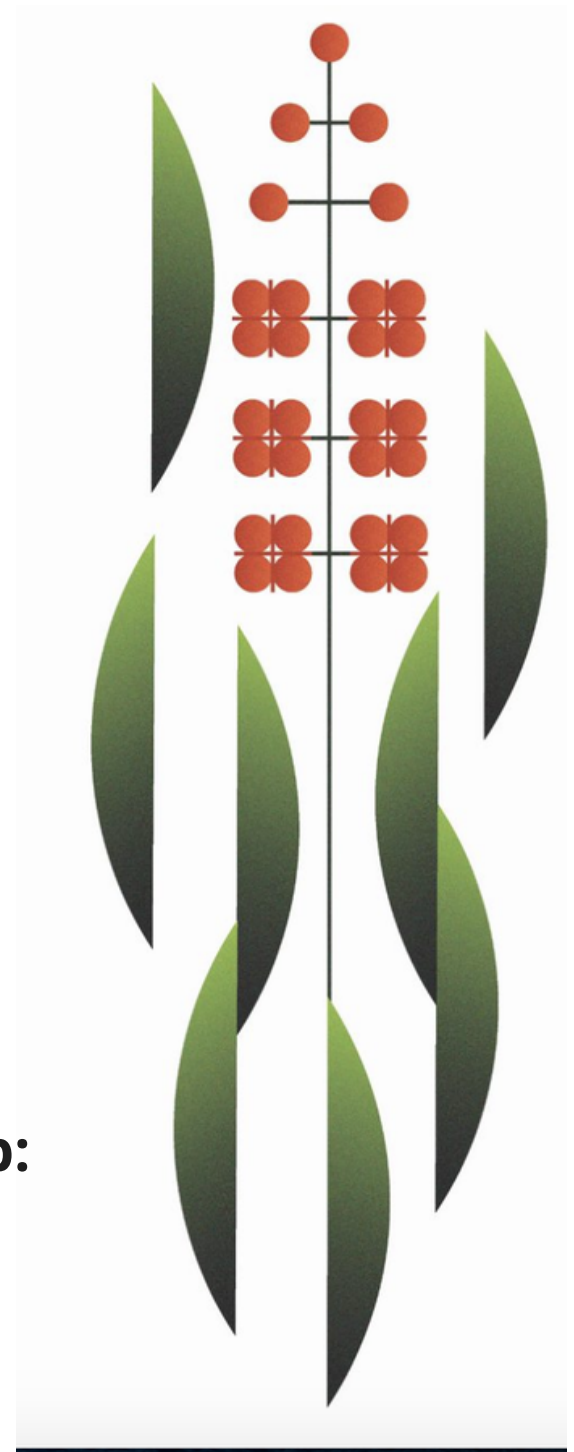
All services are free and confidential.

Email:

alison.gear@oneskycommunity.com

Facebook:

Foundry Penticton Family Peer Support



(250) 462-2714

CALL OR TEXT

Family/Caregiver Peer Support

For people supporting a 12 - 24 year old living with mental health and/or substance use challenges

When a young person lives with a mental health and/or substance use challenge, it impacts the entire family. Parents and caregivers often find themselves isolated and overwhelmed. **You are not alone.** Foundry is here to support you in being the best you can be for your family, to find the services and resources you need for your young person, and for yourself, and to provide opportunities for you to connect with other parents for understanding and mutual support.

Family Peer Supporters are people with lived experience supporting a young person with a mental health and/or substance use challenge in their family. They listen, provide practical and emotional support, and, most importantly, inspire hope.

For more information please contact Foundry's Family Peer Supporters:

Alison Gear
alison.gear@oneskycommunity.com
(250) 462-2714

Foundry Penticton
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foundrybc.ca/penticton

