



• 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.

(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:**

Penticton

Alison Gear

alison.gear@oneskycommunity.com

250-462-2714

Princeton

Connor Martin

connor.martin@oneskycommunity.com

250-488-3640

Foundry Penticton

501 Main Street, Penticton, BC, V2A 9A6

foundrybc.ca/penticton

Facebook: Foundry Penticton Family Peer Support

