



# 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.

## **8-Week Programs Offered In:**

Etobicoke \* Scarborough \* Mississauga \* Brampton \* and more!

**No Fee for Service. Registration is Required.**

Please contact:

**Anie Najarian**

phone: 416-207-5032 ext. 26

email: [anien@fameforfamilies.com](mailto:anien@fameforfamilies.com)

web: [www.fameforfamilies.com](http://www.fameforfamilies.com)

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.