

**Take a Break Support Group**

**Disclaimer**:

Online Take a Break Support Group is a live online monthly support group offered via invitation and registration only.

It is a place where parents and family caregivers can come together in a positive space and be part of a community that may be feeling isolated and alone in supporting their child or youth who is experiencing mental health and/or substance misuse, part of the sessions may include an educational topic.

**Confidentiality** is essential, anything discussed in the group should remain in the group unless there are exceptional circumstances such as a disclosure of harm to self or others, the facilitator has a duty of will report to the appropriate support services.

Please note this online group **is not a crisis service**. If you find you are struggling and require immediate help please use the BC crisis line: **1-800-784-2433** or call **911 or 1-833-456-4566** from anywhere in Canada