

Caring For Your Child:

Mental Health Promotion & Well-Being Information for Parents & Caregivers

Age	Key Messages	Taking Action	Resources
Middle School	Be in your child's world	<ul style="list-style-type: none"> In your child's friendship circle. In your child's social media world. In your child's school and extra-curricular world. 	<p>Mental Health:</p> <ul style="list-style-type: none"> Family doctor Contact your school counsellor Kelty Mental Health Resource Centre Toll-Free information line 1-800-665-1822 <p>Websites:</p> <ul style="list-style-type: none"> School District #23: sd23.bc.ca keltymentalhealth.ca heretohelp.bc.ca anxietyBC.com The F.O.R.C.E in <i>the know</i> webinar series: forcesociety.com/in-the-know caringforkids.cps.ca <p>Books:</p> <ul style="list-style-type: none"> Gordon Neufeld – <i>Hang On To Your Kids</i> (2005)
	Know your child	<ul style="list-style-type: none"> Check in with your child often. Let them know that you love her unconditionally. Observe changes in mood and behavior. Set boundaries to keep her safe. Ensure that your child is well-connected to healthy adults. 	

Cultural Awareness and Aboriginal Health

It is important to recognize and honour Aboriginal cultural differences in order to foster a sense of belonging, pride and well-being amongst Aboriginal children and youth. Aboriginal families can make connections to culture, language, and traditions, by linking with any of the following programs and services:

- Westbank First Nation Community Services** 1900 Quail Lane, West Kelowna 250-768-0227
- Ki'Low'Na Friendship Society** 442 Leon Avenue, Kelowna 250-763-4905
- Metis Community Services Society of BC** 2949 Pandosy Street, Kelowna 250-868-0351
- BC Aboriginal Child Care Society** <http://www.acc-society.bc.ca>

All organizations listed welcome Aboriginal families, children, and youth from any background.

Did You Know?

The best way to help your teen weather peer pressure and hormones is family meals. Eating together in a pleasant atmosphere provides stability and connectedness. Consider mealtime with them to be a top priority. Make sure the busy-ness of life doesn't get in the way of this essential family time.

Brought to you by the Central Okanagan Local Action Team as part of the Child and Youth Mental Health and Substance Use (CYMHSU) Collaborative funded in partnership by Doctors of BC and the BC government.

For the full range of community services, supports and events, see Kelowna Community Resources:

www.kcr.ca

Concerned about your child's mental health? Contact Child and Youth Mental Health Services:

(250) 861-7301