



# KIDS IN CONTROL

AN EDUCATION AND SUPPORT PROGRAM FOR CHILDREN AGES 8-12  
WHO HAVE A FAMILY MEMBER WITH A MENTAL ILLNESS

Provides knowledge about mental illness in a safe, accepting environment where children can connect with others who have similar experiences.

- 8 consecutive 2-hour sessions
- Helps build resiliency and healthy coping strategies
- Dispels myths and misinformation
- Reduces anxiety and relieves fears about the unknown
- Provided in a relaxed, social setting
- Snacks provided

FOR MORE INFORMATION AND TO FIND OUT WHEN THE NEXT PROGRAM IS  
RUNNING, PLEASE CONTACT:

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BRITISH COLUMBIA SCHIZOPHRENIA SOCIETY

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# KIDS IN CONTROL

## WHAT IS KIDS IN CONTROL?

Kids in Control is a free education and support program offered by B.C. Schizophrenia Society.

## WHO CAN PARTICIPATE IN THIS PROGRAM?

Participants are children between the ages of 8 - 12 years who have a family member with a mental illness and/or substance use disorder.

## WHAT DOES THE PROGRAM LOOK LIKE?

The programs consist of eight sessions, which run once or twice a week. Each session is approximately two hours. Sessions run afterschool in community centres, schools and neighborhood houses.

These are group programs, with group sizes ranging from 6 - 10 participants. Program topics are explored through small group discussions, games and art. Snacks are provided.

Programs are delivered by two facilitators who have experience in mental health and working with groups of children.

## HOW DO CHILDREN ACCESS THE PROGRAM?

Children are referred to the program. Referrals are from a variety of sources, including health care professionals, community agencies, social workers, teachers, counsellors and family/caregivers.

## WHAT DO CHILDREN GAIN FROM PARTICIPATING?

During the sessions children gain information about mental illness. They also learn strategies to promote resilience, such as healthy ways to cope.

Key takeaways include:

- they are not alone in their experience
- it isn't their fault and it's not their responsibility to take care of or fix their family member
- facts about the emotional and physical symptoms of mental illness and its treatment
- knowledge about societal attitudes and stigma
- how to identify feelings and defenses
- how to develop communication and listening skills
- healthy boundaries, self-care practices and means to cope with stress

## FOR REFERRALS OR QUESTIONS, PLEASE CONTACT:

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