



HOPE

HELPING OTHER PARENTS EXCEL

Supporting a child with their mental health can feel overwhelming.

You are not alone!

Do you feel overwhelmed, isolated or frustrated as you support your child?

Do you feel like you're not being heard?

Are you worried that help for your child won't come soon enough?

Has a setback left you feeling hopeless?

What is HOPE ?

Helping Other Parents Excel (HOPE) is a program run by caregivers, for caregivers.

We have faced similar challenges and understand what it is really like.

What does HOPE offer?

- telephone support
- one-to-one meetings
- support at school meetings and with other community programs
- monthly support groups and information sharing
- e-blasts containing information including articles, community resources, initiatives, parent engagement opportunities and more!

What is the best thing about being a part of HOPE?

The sense of community and belonging. We understand.

**Supporting caregivers =
Supporting kids to reach their potential**



How do you connect with us?

That is easy!

Reach out to the
HOPE Client and Family Engagement Coordinator

Ashlee Challis
achallis@vanier.com or call 226.235.4426



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