



**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?**



How do you connect with us?
That is easy!

Reach out to the
HOPE Client and Family Engagement Coordinator

Hope@vanier.com or call 226.235.4426

www.vanier.com/programs-services/community-services/hope/

HOPE

HELPING OTHER PARENTS EXCEL

Supporting a child with their mental health can feel overwhelming.

You are not alone!

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**



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