

FREE AND LOW-COST SUPPORT SERVICES FOR FAMILIES IN THE LOWER MAINLAND | VANCOUVER

Course name & link to website	Topic Online or in-person	Cost Registration date Ongoing
Family Smart https://familysmart.ca/	Various resources, online videos, parent peer support programs	Various courses, ongoing
https://familysmart.ca/help-for-the-hard-times-workshop/	“Help for the Hard times” – Supporting your family after a Mental Health Crisis Online	Free workshop online offered monthly, registration required. info@familysmart.ca
Beyond Behaviours: When Is It More? What It Looks Like at Ages 9 - 12 - FamilySmart	Online event – connect & learn. Hear from a registered clinical counsellor about signs of mental health challenges	Free online webinar. June 12 th 6:30-8pm PDT. Contact info@familysmart.ca
A Conversation for Families About Digital Wellbeing and Mental Health - FamilySmart	In-person Richmond Brighthouse Library A conversation with Dr. Goodwin on Digital Wellbeing and Mental Health for families	Sandy.chen@familysmart.ca or phone 604-607-9572 for questions.
Mental Health and Preparing for the Transition to Post Secondary - FamilySmart	Online Mental Health and Preparing for the Transition to Post Secondary	Free June 17th 6:30-8pm PDT One off online event (For alternative earlier date of June 11th click here)
West Coast Family Centre https://www.wstcoast.org/	https://www.wstcoast.org/workshops/webinar-promoting-imagination-and-creativity-media-saturated-world-4810-8100 Promoting imagination in a media saturated world. Mindful Parenting in Farsi (Ages 0-12) - Westcoast Family Centres - Westcoast Family Centres	June 5 th 6-8pm, online, \$30. Free Online ongoing Parenting support group in Farsi email communications@westcoastfamily.org to register 10am-12pm on Tuesdays
West coast family centre Parent Quest - Westcoast Family Centres - Westcoast Family Centres	Online Support group for parents living with a mental illness	Free Ongoing May 26 th – June 30 th 2025 6:30-8pm Zoom email shelley.jensen@westcoastfamily.org
Vancouver Coastal Health/CYMH extensive list of resources	Child and youth mental health and substance use resources Vancouver Coastal Health online list of resources available	Various courses, websites, organizations. Prices vary and dates ongoing.

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Kelty Mental Health Peer Support for Families Kelty Mental Health	Peer Support for Families	Free Ongoing Various opportunities email keltycentre@cw.bc.ca
VCH Resources on Anxiety for Families Anxiety resources for children, youth and families Vancouver Coastal Health	Anxiety resources for children, youth and families Lists various Apps that are available Book resources Mostly online	Varies, ongoing
Foundry BC https://foundrybc.ca/get-support/other-supports-and-services/	Free services for Youth Drop-in counselling services In-person or virtual	Foundry-Vancouver is at 1260 Granville St, Call 604-806-9415 for more info
Parenting Workshops - Parent Support Services Society of BC	Online Workshops for Parents	Free, various dates. Keep an eye on the website or sign up for alerts.
Parenting Support Groups - Parent Support Services Society of BC	In-Person & Online – Support Group for parents in Lower Mainland Multiple languages	Free. Click the website for more info or email office@parentsupportbc.ca
Family Services of Greater Vancouver Family Supports - Family Services of Greater Vancouver	Project parent Parent-Teen Mediation Early Childhood Community Consultant and others support services	Free Self-referral or by MCFD
Vancouver Family Connections Home - Vancouver Family Connections	Various parenting programs and pop-up events for families	Free Works with South Vancouver Neighbourhood house
MOSAIC Building Blocks Vancouver MOSAIC Programs	“Building Blocks Vancouver” – Parent support for First Time Parents	Waitlist 4-6 months email bbv@mosaicbc.org or call 604-254-9626