

Family Connections

STRONGER TOGETHER, EVERY DAY

Family is the people who love and support you. Spending quality time together, talking openly, and helping each other out builds trust and brings you closer.

WAYS TO STRENGTHEN FAMILY CONNECTIONS



Talk and Listen

Share your day and really listen to each other without distractions.



Make Time Together

Eat meals together, play games, or enjoy activities as a family.



Show Appreciation

Say "thank you," give compliments, and celebrate each other.



Support Each Other

Be there during hard times and cheer each other on during good ones.



Create Traditions

Special routines and traditions create lasting memories and a sense of belonging.



FOR PARENTS & CAREGIVERS

Strong family connections protect mental well-being. Try family check-ins, share meals, and be open about feelings. Small moments build strong bonds.



YOU ARE NOT ALONE.

Many families experience challenges during transitions. Reach out for support—we're here to help.



NEED SUPPORT?

Find a walk-in clinic near you at <https://pathstonementalhealth.ca/walk-in-clinics>



PARENT TIP

Plan one family activity this week. Even 15 minutes together—like a walk, storytime, or cooking—can make a big difference.



YOUR NOTES:



Proudly supporting children, youth and families in St. Catharines, Welland and across Niagara. Together, we build stronger, healthier communities.



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When Extra Support Might Help



It's okay to need extra help sometimes. Getting support early can make a big difference. Here are some signs to watch for and ways we can help.

SIGNS YOUR CHILD MIGHT NEED EXTRA SUPPORT



Feeling sad, anxious or worried most days



Trouble sleeping or having nightmares



Big changes in mood or behaviour



Withdrawing from friends or activities



Struggling at school or avoiding school



Talking about self-harm or feeling hopeless

Trust your instincts. You know your child best. If something feels "off," reach out.



HOW WE CAN HELP



TALK TO US

We're here to listen without judgment and help you understand what your child needs.



GET SUPPORT

We can connect you with programs and services that are the right fit for your family.



BUILD SKILLS

Your child can learn ways to manage big feelings and build confidence.



WORK TOGETHER

We'll support your whole family every step of the way.



FOR PARENTS & CAREGIVERS

Asking for help is a sign of strength. You don't have to have all the answers. We're here to support you and your child—together.



You are not alone. We've got you.



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NEED SUPPORT?

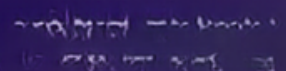
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10 Resources & Support in Niagara

You don't have to figure things out alone.
There are caring people and services in our community
ready to support you and your family.
Reach out anytime—you matter.



WHERE TO FIND SUPPORT



ONE STOP TALK Kids Help Line

Get free, confidential help
for children, youth and
caregivers across Niagara.

☎ 905-684-8336

💬 Text: 905-684-3620

🌐 onestoptalk.ca



KIDS HELP PHONE

24/7 support for kids
and youth across Canada.
Get help with whatever
you're going through.

☎ 1-800-668-6868

💬 Text: 686868

🌐 kidshelpphone.ca



PATHSTONE MENTAL HEALTH WALK-IN CLINICS

No appointment needed.
Talk to a mental health
professional.

- St. Catharines
- Welland
- Port Colborne
- Pelham / Fonthill
- Grimsby
- Beamsville / Lincoln
- Niagara Falls

Find locations and hours at:
pathstonementalhealth.ca/walk-in-clinics



CRISIS SUPPORT

If you or someone you know
is in crisis, help is available
24/7.

☎ 911

☎ 988 (Suicide Crisis Helpline)

💬 Crisis Services Canada
1-833-456-4566

OTHER COMMUNITY SUPPORTS



SCHOOL SUPPORT

Talk to your child's teacher,
guidance counsellor or
principal. They can connect
you with school resources.



COMMUNITY PROGRAMS

Local programs offer support
with mental health, parenting,
learning and recreation.
Ask us or check our website
for what's available.



PARENT & CAREGIVER SUPPORT GROUPS

Connecting with other
parents can help you feel
understood and less alone.



CULTURAL & INDIGENOUS SUPPORTS

Culturally safe services
are available. We can help
you find the right support
for your family.



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