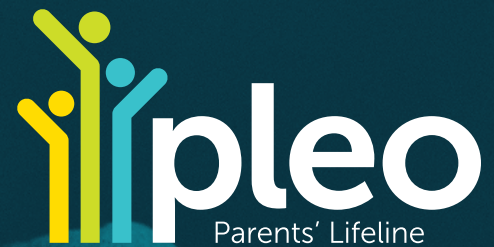




helping parents of children  
facing mental health challenges  
find their way forward



## who we are

We are a non-profit family peer support organization for parents whose children to age 25 are facing mental health challenges. We are parents who have supported our own children with these challenges – we've been there, we get it, and we can help.

We provide Family Peer Support for parents through our:

**Parents' Helpline** for support and guidance navigating the mental health system, finding resources in your community, and for when you just need someone to talk to.

**Parent Support Groups** for parents to share information and learn from one another, and come together as a community.

**Mobile One-on-One Support** for more intensive support and guidance through particularly challenging times, in-person and in your community.

Parents who have used our services report being better able to access the services they need, better able to support their child, and better able to cope with the challenges they face. They also report feeling less anxious, stressed, and isolated.

In addition to working directly with families, we champion positive system change to create a more effective, family focused approach to mental health care.

Through collaboration with service providers and key stakeholders, we ensure that the real needs of the thousands of families we support are understood.

We know first-hand that parents play a significant role in their child's outcomes and research supports this. We recognize that parents can't, and need not do it alone. We understand the challenges and the stressors on families. And we believe that families facing mental health challenges can flourish.

## how we can help

Understanding your child's concerning symptoms or diagnosis

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Finding resources and support for your child and family

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Navigating services for your child at home, in the community, and at school

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Providing support and strategies for coping with life's stressors

.....  
Sharing skills to effectively advocate for your child and family's needs

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Providing non-judgemental, understanding support for you as a parent

## what you can do

Call now to speak with a Family Peer Supporter – no judgement, no blame, and completely confidential.

Find a Parent Support Group and other great resources on our website.

**We are here for you.**

**pleo.on.ca**

**613.321.3211 (Ottawa)**

**1.855.775.7005**