

Supporting Our Families: Family Navigator



Are you caring for a child/youth or dependent adult up to age 25? Are you feeling overwhelmed as a result of mental health and/or substance use issues of your loved one?

CMHA's Interior Region Family Navigator works collaboratively with partners **in your community** to help Parents/Caregivers access relevant programs and services based on their individual needs.

Contact the Interior Region Family Navigator to Get Started:

Telephone: 1-844-234-6663

Email: family.navigators@cmha.bc.ca
www.BCFamilyNavigator.com

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