



**Strongest
Families**
INSTITUTE

L'INSTITUT DES
**Familles
Solides**

Evidence-based, bilingual mental health services for children, youth, adults, and their families, when and where they need it. Get help with behaviour issues, anxiety, depression and more. No Wait. No Cost. When it's convenient for you.



Bridge **the** gapp

<https://strongestfamilies.com/>

How to scan:

1. Open phone camera (some devices may require the download of a scanner app)
2. Point camera at the QR code
3. Wait for code to scan
4. Open QR code content (pop up)