

# WYA S1E8 Repost\_V2

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parents, child, kid, family, validating, miller, mental health, mary, feelings, blame, struggling, podcast, daughter, feel, family therapist, support, talk, problem, bit, anxiety

## SPEAKERS

Michelle Horn, Bryn Askwith, Dr. Ashley Miller, Mary, Char Black

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**B** Bryn Askwith 00:00  
Hello to all of our Where You Are listeners. It's your co-hosts, Bryn Askwith...

**M** Michelle Horn 00:03  
...and I'm Michelle Horn.

**B** Bryn Askwith 00:04  
With our podcast team off researching and preparing upcoming and exciting episodes, we're sharing a rerun with you today. This is a first for us, so it was fun to go back and listen to previous episodes and land on which one we wanted to share.

**M** Michelle Horn 00:17  
This is an episode from season one and one of our favorites. Not only were we big fans of the guests who joined us, we love how this episode just kept things real, and offered some really practical ways parents and caregivers can support kids, regardless of what challenges they might be facing, and how families can find a new balance when their child is struggling and find the courage to maybe try something new.

**B** Bryn Askwith 00:40  
It was also great to hear the friendly voice of one of our previous co hosts, Char Black, who's actually going to be joining us on upcoming episodes this season. So while our next episode is in the works, enjoy this gem from season one of Where You Are.

C Char Black 00:58

Welcome to Where You Are, a podcast that strives to help families promote their mental health and wellness. We navigate important topics to meet you where you are in your journey. This podcast is brought to you by BC Children's Kelty Mental Health Resource Centre, a provincial hub for information and resources on mental health and substance use for children, youth, and families. I'm Char Black, and my wonderful co-host Michelle Horn will be speaking with Mary McCracken, a mother of three, and Dr. Ashley Miller. Mary's a mom of three and her family over the years have experienced a lot of mental health challenges firsthand. As a parent, she shares her knowledge and what has helped her own family. Professionally, Mary spent the last nine years, before recently retiring, with Family Smart. As part of her role, she provided peer support, assisted with mental health system navigation, and connected BC families with mental health and substance use resources. Dr. Ashley Miller is a child psychiatrist and family therapist at BC Children's Hospital. As part of her work, Dr. Miller runs support groups with for teens with depression and caregiver groups for families. She's also a passionate advocate for family and caregiver involvement in the mental health treatment of children and youth. Here's that conversation.

M Michelle Horn 02:17

So Mary and Dr. Miller, thanks so much for being on our podcast today. Before we get going with the questions, we've been starting off each of our podcasts with a short mindfulness moment, just to calm our minds and get ourselves settled in. Would you both be okay with that?

M Mary 02:29

Sounds good!

M Michelle Horn 02:30

Great. Okay, so I have one here, we just have this mindfulness card pack that we use in the office to take breaks during the day or to start off our meetings. So I've just chosen one to start us off. And it's called gratitude mantra. For this one, what we're going to be doing is, we're going to bring something to mind that you're grateful for, silently repeat this while holding the image in your mind. [long pause, soothing music]

M Michelle Horn 03:03

So how was that?

M Mary 03:04

Good.

**D** Dr. Ashley Miller 03:05  
It was relaxing.

**M** Michelle Horn 03:06  
Yeah. And that's something to our listeners that you can try at home if you just wanted to take a moment out of your day to kind of reset and you can calm your minds. Okay, so today we're talking about parenting and how to support your child or youth and promote their mental health. So Dr. Miller, we're going to start with a question for you. To start things off, can you just speak generally about the role that parenting plays in a child or youth's mental health?

**D** Dr. Ashley Miller 03:26  
Sure. So I think it's really important to start any discussion about parenting and mental health by saying that parents don't cause mental health problems in children. As soon as you see the title, even of this podcast, some parents may feel like, uh-oh, what is this going to be about? And what am I doing wrong? And that's really a common thought. And it's not at all what we're going to be saying today. Parents play the biggest role in supporting their children recovering from whatever type of mental health issue they're having. So that's what we really want to focus on today, is what can parents do to help their children recover?

**M** Michelle Horn 04:08  
And so Mary, Dr. Miller talked a bit about this kind of misconception that parenting can play a role in the development of mental health challenges or can cause mental health challenges. Did you experience any of that as a mother of three?

**M** Mary 04:20  
Parenting can be the most rewarding thing but also the most nerve wracking. Because you love these kids, but you're not an expert. And when they don't do well, you do take the blame. Like you think what is it that I could have done something different? Could I...you know, I remember when my daughter was, wound up in children's hospital here, in the eating disorder unit, and I didn't want to tell anybody because I felt that they would be looking at me, that, you know, how can you not have her be eating? Like what is what is wrong? With that.

**D** Dr. Ashley Miller 05:01  
Yeah, I think like Mary was saying, it's a very common way to feel these days. I think there's a lot of pressure on parents. This idea that there's just one right way to do things and if you're not doing it that way, it must be wrong. Or parents fear judgment, that, you know, if your child has a medical illness, chances are you're not worrying that you caused it, although sometimes parents do. And when it's a mental health challenge, especially because it's often invisible to

other people, and people can be quite judgmental and critical so parents will tend to feel blamed by others, and may blame themselves, too, because it's hard to know the cause. And the truth is that the cause of mental health problems is complicated. There's many factors. But when we don't know something, the mind tends to look for one simple cause. And of course, the closest thing is the easiest thing, which is, oh, well, it must be mom, must be dad, must be grandma. And I think, unfortunately, in mental health, there was a bit of a history of sometimes looking and blaming parents in the past, you know, the distant past. So I think there's a lot of reasons why that kind of thought is out there. And I think we're really hoping to both dispel those myths, but also look at the tremendous resource that parents are in helping their children.

M

Michelle Horn 06:22

And what are some things that parents can do to not feel that self blame or that guilt? Are there any kind of strategies or things they might tell themselves or do?

D

Dr. Ashley Miller 06:30

Absolutely. I mean, it's, it's a hard journey. And as a mom, as well, I'm not going to say, oh, this is easy. Just repeat this mantra or do this thing, and it'll be gone. I think, first knowing that it's never too late to do something differently. So if there is something that you maybe regret, and we all have them. Nobody is perfect, thank goodness, because kids, you know, would think that was weird if we were always acting in this perfect zen-like way all the time. But if there are things you know, more genuine things that we feel badly about as parents, I think A) recognizing that we're doing the best we can, and that no kid comes with an instruction manual. We can't know ahead of time. Giving ourselves a bit of a break about some of the things that haven't gone well. And knowing that we can always do something differently, make it up to our child or to ourselves. And there are some specific practices. I mean, mindfulness practice really does help with developing nonjudgmental awareness. And there's, within mindfulness, self compassion practice. And Dr. Kristin Neff is a psychologist who pioneered really the field of self compassion. She has a website that's excellent. And she is mother of a child with autism. And it's no coincidence, I don't think, that that's why she's the one who went on to develop this field. So...and then, of course, just talking to others, because I think a lot of that parent self blame is shame and feeling we're not good enough. And when you talk to others, other parents, people like Mary or other parents and residents through the Kelty, or Family Smart, to know you're not alone, to say, you know, I did this to my kid, and have someone say, well, you know, so did I, and so did everyone else I know. And that's not the reason they have depression, or OCD, or ADHD, or whatever. I think that's really helpful too, to talk to others.

M

Mary 06:33

And you know, you learn. And as you are finding out about different areas where your child might be struggling, there's things that you do as a parent, and you really think you're doing it at the time, you think you're doing the best thing. And I'll give an example. My daughter had anxiety and had trouble getting to school on her own. Well, you know, we think, okay, well it's easy, my husband could drop her off on his way to work and it was easy for me

on the way home from my work to pick her up. So she never had to get over that fear of getting on the bus and finding her way there. Our intention was right, but in actual fact, we wound up enabling the anxiety and making it stay there. And you know, as I sit here as a parent in residence, parent peer support, I'm thinking, I'm not perfect, I made those mistakes. I get it, you're trying your, the best you can, but in actual fact, you're making it worse. So.

M

Michelle Horn 09:34

Mhm.

D

Dr. Ashley Miller 09:34

And just to add to that, I think everything parents do is really out of positive intention. Right? We want to protect our children from harm. We want them to be successful and do well in the world. We want to keep them close and keep the relationship healthy. And probably 99% of the time, if there's something we're doing, and it's not going well, it's not because of the wrong intention. It's because this mental health problem has sort of taken the rug out from under our feet. And what would have been totally effective as a parenting strategy for another child, for our child at another time, or without the mental health problem, just doesn't work anymore. So that's really, I think, what this conversation is about, is how do you find some new balance when your child is struggling? And sort of have the courage to try new things without falling into the trap of saying, oh, well, if only I'd done this sooner or this must all be my fault. Because then you get paralyzed. And actually, your child needs you to kind of get out of that state of self blame and paralysis and try some new things.

M

Michelle Horn 10:40

Mary, I was wondering if you could share a little bit about your family's mental health journey. And over the course of your years as a parent, many years as a parent, what kind of change in your parenting style or helped you kind of have the courage to try new things that you kind of learned over over the years?

M

Mary 10:54

With, as I mentioned, my daughter had anxiety, wound up with a full blown eating disorder, and had to be hospitalized. And this totally surprised us, we had no idea. We knew suddenly, she wasn't eating. But what was the cause? We didn't even, I didn't even recognize the word anxiety was behind it. Just as Dr. Miller said that when somebody, your child is struggling, you're trying to do the best as a parent, you're trying to support or control and help. When she got into hospital and what was a turning point for her recovery is when I backed off. I had to give her the space in order for her to go through her journey, in order to figure out what was at the backbone of these behaviors. And it's so hard as a parent, when your kid's struggling and you can't do it for them. You can't fix it for them. It was a big a-ha moment, when I realized that this was, this was her journey. She had to do it. So that was sort of a start. And then when, you know, she was a young adult at that, a teen at that point. When there is irrational thoughts or concerns or worries that your child is exhibiting, if you can validate their feelingsâ€”you may

not agree with what they're saying. But if you validate their feelings, then it opens communication, and you can move forward. And I would say, just the idea that you are walking beside them, and that no matter what, you're there for them.

M

Michelle Horn 12:42

Dr. Miller, do you have any thoughts on that? I know that you do a lot of family therapy with the families that you work with here at BC Children's Hospital. Can you speak to validating feelings or some other kind of key parenting strategies that are a part of family therapy that you found have been really beneficial to the families that you work with?

M

Mary 12:58

Yeah, I think actually Mary touched on all the important points. So every family is different in terms of how close and how or how distant they are, how involved parents are, how not involved they are. And so the same advice can't apply to every family. That's the first thing, is really to take stock of where you're at. So if it feels like everybody in the family is doing stuff together all the time, and can almost complete each other's sentences and family dinners are together and we're always going out and doing things together. And when a child has a problem, mum or dad or other caregiver is jumping into fix it all the time, then it may actually be, how do we keep connection, but also have our own space? Might be something that's really important to look at. If it's a family, where actually, you know, everybody's working late, where nobody is ever together, children have to sort of take care of themselves quite a bit. That family may need to look at spending more time together, connecting together, parent and child time. Even with a teenager, even if it's just watching a show together, giving them a lift somewhere. So connection is really important, but connection with personal, I guess, freedom as well. That's one, I guess, beginning stage. And it's hard to do anything else without connection. So that's really the first step, is how are we doing? Are we able to just spend some time together ideally without screens in front of us? Doesn't have to be tons, right? Even few minutes a day, but of solid connecting time.

M

Mary 14:34

Driving kids places. It's magic.

D

Dr. Ashley Miller 14:37

Yeah.

M

Michelle Horn 14:37

Well, that came up on our first podcast when we were talking about resilience and connection being key to fostering resilience as well. That's what the parents have, like, that's a great place to have these conversations in the car because you're both in it together on a long car ride. It's a great opportunity.

**D** Dr. Ashley Miller 14:51

Or going for a walk or shooting hoops or just where it's less intense, right?

**M** Mary 14:56

Yes.

**M** Michelle Horn 14:56

Yeah.

**D** Dr. Ashley Miller 14:56

That's what the kids prefer. And it's great for adults too. And then you're looking at, like Mary was saying, this idea of validating feelings. And some parents are doing lots of this, you know. So again, if you're in the type of family where everyone's always acknowledging each other's feelings that's...continue by all means. It may not be the answer for you. There may be, need to be more sort of setting boundaries and limits. Whereas if you're in a family where emotions aren't talked about, where we don't connect in that way, then that might be really the money in in looking at that more. And we can talk about this more in detail. But the the piece of actually supporting your child practically, to do things, like Mary was saying before with her daughter. That the well intentioned idea of driving her all the time turned out in retrospect, not to be as helpful. For lots of kids, especially those with anxiety, depression, OCD, part of what's really going to help them is the parent being kind of tough and, with love, and with kindness, still being firm, and making sure they're going through the steps of daily life they need to do. So it is everything. But it's sort of a tailor to everything. And I think that's where talking to a clinician, if your child does have mental health issues, about what, you know, what for our particular family, makes sense. Is really useful.

**M** Mary 16:24

When my daughter was in children's hospital, they said, well, you're going to have family therapy. And my immediate reaction was, oh, no, they're blaming us. Like, you know, this is gonna be a room and they're going to tell me about all the things that I have done that has caused this. So that was my initial reaction. But my husband and I looked at each other, and we said, this isn't about us, this is about our daughter, and if this is going to help her, we will do it. And it was the best thing. Because we used to call it, like a safe space, in that my daughter is not one to really be able to, like a lot of kids, articulate their feelings or what was going on. But in that safe space, if we were doing something that was not helpful for her, she could say it. And we could also vice versa say, this is a concern. And it was, if you had tried to have that conversation, I believe, at that point, with her, she would have just been very emotional and it would not have gone well. But it was like the safe space. And so I'm a big fan of family therapy,

I tell you. And it just, because...to have another set of eyes, or even the social workers who we had, could read body language of my daughter or be able to draw things out that we didn't know.

D

Dr. Ashley Miller 17:57

And I know as a family therapist, what I see a lot of my job as is really just translating, and taking what people do or say, and showing the other family members how it's really out of love, and out of a desire to do their best and the best by the other people in the family because things get lost, you know, things get lost. And when a parent might say, well, you need to do your homework, have you talked to your teacher, you know, they're trying to help their child. Trying to connect. And there's nothing wrong with that. And yet, to the teen, they may hear that as a criticism. And they may hear that as a distancing move, it's like, mom doesn't like me, mom doesn't think I'm good enough. When really mom is saying, I care about you so much that I need to say this to you, because I want to help you because I really do love you and want the best for you. And it's really the bond between, you know, parent and child or between the siblings or the "that's what carries it through. There's no magic that the therapist does.

M

Mary 18:56

And it's relationships within the whole family. So it, when somebody, when a child is struggling, siblings understand that you have a struggling child so they're going to get more of mom and dad's attention. But they're, they have their emotional need. And it's hard to not have sort of that resentment or how "and if you can bring that out or strategies, it helps.

M

Michelle Horn 19:23

I think that's a really good point in that, and we do actually get quite a few calls from parents at the Kelty Centre who really struggle with that, like so much of their attention is on one of their children who might be struggling a bit more. And then they have this additional guilt about not spending time with the siblings or thinking about their other children's needs. I wonder, Dr. Miller if you have any kind of advice or strategies for parents who really struggle with that?

D

Dr. Ashley Miller 19:45

Yeah, well, it's like anything else in life that there's always challenges and things aren't always fair and the greatest gift a parent can give their child in that situation is an acknowledgement of the reality of the sibling's feelings. I think often again, because if a parent is feeling really guilty, and so they don't want to talk about it, because they don't want to make it worse. Again, out of a desire to protect, but really, the kid who's not getting the attention knows they're not. And so to have a conversation about it, and and to, you know, express that you understand why they'd feel that way, because it is true that you're going to doctor's appointments more often with the other kid. And it is true that you're not necessarily able to be at their school events. And yet, they are just as important to you. And if there is any possibility of spending actual physical time with the other sibling, that's great. You know, but if there's not, then who



else in their life can come on board so that parent doesn't feel so alone? You know, so I think when you acknowledge it, you can find creative solutions. And you gotta help the kid who's struggling, right? That's just reality.

M

Michelle Horn 20:51

I want to go back a little bit to the validating feelings piece, emotional support. Because I think that's something that, that language is a bit maybe unfamiliar to some parents, and I think can also be a little bit tricky for parents who struggle with their child having feelings or thoughts or ideas that they don't, they just don't agree with, right? They're like, I don't I don't think that's true. I don't think that's right. But they understand the importance of validating those feelings. So I'm wondering if either of you wanted to kind of talk a little bit more about what that actually looks like, perhaps with a few examples.

D

Dr. Ashley Miller 21:18

So just a kind of regular everyday example would be, if your child comes home and says, I hate math. And you know, they've gotten one lower mark or something. But generally, they like math, generally, they get good marks. Of course, your first reaction is to say, no, you don't! You, you like math, you're good at math, right? Every parent in the world is like, gonna say that. And that doesn't matter, right? In everyday life, not a big deal. If you were to validate the feeling, instead, you might say something like, man, you, like are so upset today, because you got this low mark, and you just hate math right now. And you would just express what your child is saying. You'd put yourself in their shoes, and just like be on their team and say what they're kind of saying. And then probably they'd say, well, no, I just had a bad day, you know, I actually like math, right? Because that's the beauty of when you jump on someone's side, and you're on their team, is then they don't have to fight you. And they just actually become more logical, it helps their brain settle. So that's an everyday example. But when your child is really struggling with a mental health problem, and their emotions are all over the place, that's where validation can get you out of some really tricky spots. Now you're not validating their feelings to make them calm down, right? Because as soon as you're doing it from that lens, you're tense. You're like, it's not working. It's more about, it's really just about being with them. Which is a concept is, it's being, it's really about being compassionate, just being with, not expecting them to change, accepting. But the way that that would look, is so if instead of saying, you know, I hate math, your child who has an eating disorder, maybe who has anorexia, says, oh, I'm so fat. Now, this is a hard one, right? Because no parent on Earth wants to say to their daughter who weighs 70 pounds and says she's fat. Yeah, you're, yeah, I see why you feel that way. It like, must feel awful. That's a hard thing to say. I'm not saying people at home should, you know, try that today, that would take some practice. But the problem is, when you feel fat, and you're anorexic, you know, you feel so alone, because nobody else really gets that. Or when you feel like, you know, depressed and that you just can't face the day, what's worse than feeling depressed and hopeless is feeling alone in that. That nobody can understand. When you have to wash your hands 50 times because you're worried about having germs, what's worse than that is feeling like nobody could possibly understand. So the first thing in validating feelings is developing some understanding of what's actually going on for the child, really trying to put yourself in their shoes, and then putting it into words. So the child with OCD, who's really struggling, who's feeling like they have germs on their hands and says, you know, I can't eat right now. I can't eat right now. I have to wash my hands again. A validation might be

like, of course, you don't feel like you can eat because you feel like your hands are contaminated in this is going to be really dangerous. So that's the validating part. And then you would want to also add after that, you can add some reality. Some reassurance. And I know that's the OCD talking right now. It's really bossing you around. It's so hard to fight this. And let's figure out how to do this together. It doesn't have to be validating a feeling. You can invalidate their experience, like based on your relationship with them. If they're, you can say like, well yeah, for sure. I get why you don't want to talk to me because we've been fighting every time this comes up, so I don't blame you for slamming the door and going to your room. I've really been annoying you today. Like that's a validation. Doesn't have to be "you're angry."

**M** Michelle Horn 25:10  
Mhm.

**D** Dr. Ashley Miller 25:10  
It doesn't have to be a lot of words. It's really your presence of just wanting to understand your child. And seeing them as fundamentally good, as good, as doing the best they can under difficult circumstances.

**M** Michelle Horn 25:23  
Right.

**M** Mary 25:24  
No, that's good.

**M** Michelle Horn 25:24  
Yeah. And Mary, do you have any examples that come to mind for you, as you were listening to Dr. Miller talk about that piece?

**M** Mary 25:30  
Well, the example I'm thinking with, with my daughter, and I took a workshop, and I know, Dr. Miller is quite an expert in this with emotion, family-focused therapy. I took a workshop on it. And one of it is to apologize. And again, when they talk about a parent apologizing, is that you're taking the blame? You know, the vicious circle. But it's not, it's a way of opening up a path for conversation. So we, during the workshop, we had written a letter to our child. And I remember having a conversation with her. I sort of read my note and put it away. And then went to her, and I said, I'm really sorry that you are feeling whatever that, she was, whatever she was experiencing at the time. And instead of getting my head bitten off, which I was sort of

expecting, it opened it up. And she actually said, well, yeah. And then talked. And I thought, this is magic. Like, but it's it's hard work to get the language or be at a point, at least I've found itâ€”it's not second nature.

D

Dr. Ashley Miller 26:50

Yeah, and I think, on the topic of sort of apologizing, it's, again, not saying, oh, you know, I'm a bad person, I'm a bad parent, I did something wrong. That's, that is totally not the spirit of it. It's that kids with mental health problems often blame themselves. And in fact, if they're angry at you, and accusing you of all kinds of things, chances are, the more they're blaming themselves, and they just don't know how to deal with that, right? So a kid who'sâ€”and when you have a mental health problem as a kid, like, you know, your family is struggling to get you to appointments, that your sibling's getting less attention, that they see their parents stressed or fighting. And they blame themselves. So the idea of this is, where you can help share some of the responsibility. So for example, I saw a kid a little while back, who was having a lot of anger problems, not going to school. And we just talked about how, in fact, in the family, everybody had been kind of stressed. And when, the more the child was aggressive, the more the adults in the home got reactive, like understandably, and might yell back. And then, you know, it just was a vicious cycle. But when the parents were able to start using some of the validation and to say, actually, you know what, you're a kid. And we know that we lost our cool. And we wish we had found a way to recognize that you were struggling, and not get in that pit of fighting with you. And you know what? The fact that we were yelling at each other, it's not just your fault. Like, it's all of us. That freed this kid up and he was like a different person the next time I saw him. He was cooperative. He was in a better mood. If the whole family, or at least a parent, can help take some of that responsibility, and reassure a kid, you know, you're not, this is not about you. This is about all of us figuring this out together. Well, that really like unburdens the child and helps a lot.

M

Michelle Horn 28:51

I think you guys have touched on some really key practical strategies that parents can try just in terms of how they talk to their children, or how they kind of view their children. In addition to kind of this, kind of foundational connection, validating feelings, the emotional support, kind of those practical strategies around setting limits, is there anything else that we haven't touched on? What are some kind of key other pieces that you might suggest?

M

Mary 29:16

An approach that I really like is the collaborative problem solving. Is to have the child or the youth have a say in solving the problem, be it the behavior or whatever. And so then they have ownership in it. And, you know, I think that's important as that you're working together.

D

Dr. Ashley Miller 29:39

So that approach, that's Ross Greene, and his website is, I think, [livesinthebalance.org](http://livesinthebalance.org). That's an excellent resource. There's [mentalhealthfoundations.ca](http://mentalhealthfoundations.ca), which the creators of the emotion-focused family therapy that Mary was describing before. And in BC there's [Confident Parents](http://ConfidentParents.org).

ocused family therapy that Mary was describing before. And in DC, there's [Confident Parents](#), Thriving Kids, which is available through a GP referral. And it's a free, often telephone-based service for behavior or anxiety. And then really, I think just connecting with either the natural supports in your community, whether it's, sometimes it's a preschool teacher who can be a huge help on parenting strategies. Sometimes it's a school counselor, or family doctor, and sometimes it's your own friends or family, and maybe a family therapist, you know, once it's a teenager and there's a more serious mental health issue, then I think, I mean, I'm obviously biased. But I do think a family-based approach to helping children and youth with mental health disorders is extremely useful because these issues do touch the whole family.

M

Michelle Horn 30:56

Yeah. I'm wondering if either of you have any final thoughts or words of wisdom that you'd like to share with our listeners.

D

Dr. Ashley Miller 31:02

I'm just thinking about, you know, not everybody is super verbal and wanting to get deep into feelings all the time. It doesn't always need to be so much talking. I think if you're a parent who doesn't reallyâ€”this, all this stuff is a little too much, it's really just those small things like connecting with your child, watching a sports game together. Just saying, hey, looks like things are tough. Like, it doesn't have to be a lot of words. It's really your presence of just wanting to understand your child and seeing them as fundamentally good, as doing the best they can under difficult circumstances. It's that presence and that way of looking at your child. That's what really matters. Not the exact words.

M

Michelle Horn 31:49

I think that's great, Mary?

M

Mary 31:51

No, she said it all. [laughter]

M

Michelle Horn 31:54

Alright, well, thank you both so much for coming on the podcast and sharing your time and your expertise with our listeners.

D

Dr. Ashley Miller 32:01

Thank you, Michelle.



M Mary 32:02  
Thanks!

B Bryn Askwith 32:07  
That was a really great episode.

M Michelle Horn 32:09  
I totally agree. It's one that stuck out for me ever since we released that way back in season one. I'm so glad that we chose this one as our rerun and shared it again with everyone.

B Bryn Askwith 32:18  
A big thanks to all of our listeners. This episode of Where You Are is brought to you by BC Children's Kelty Mental Health Resource Centre. Our show is produced and edited by Emily Morantz with audio engineering by Sam Seguin. Audio production by JAR Audio. If you enjoyed this episode, please leave us a rating on Apple Podcasts or wherever you might be listening now.

M Michelle Horn 32:38  
Are you looking for more great episodes of Where You Are? Find us wherever you listen to podcasts, and of course at [keltymentalhealth.ca/podcast](https://keltymentalhealth.ca/podcast). We hope you'll make us a go to resource to promote your family's mental health and wellness from where you are to where you want to be.