



Each week we are sharing a resource from School District 47's Mental Health and Wellness Hub with parents and families. This week we'd like to highlight the [Foundry BC app](#)—co-created with and for youth and their caregivers. This app gives BC youth aged 12-24 and caregivers access to free virtual counselling, peer support, youth or caregiver groups, and access to their library of tools and resources.

Find this resource and more on the [Mental Health and Wellness Hub](#). And check back often. We're adding more resources each week.