Big Worries
Strong Spirit



A free Indigenous-centred coaching program to help parents/caregivers support children with big worries

Big Worries Strong Spirit is a free program designed to support First Nations, Métis and Inuit families whose children aged 3 to 12 years old are struggling with big worries—also known as anxiety.

Alongside coaches, parents and caregivers learn some Indigenous-centred wellness practices, as well as cognitive behavioural therapy (CBT) strategies, to strengthen their child's skills and strong-spiritedness together.

Learn more at
BigWorriesStrongSpirit.ca

Canadian Mental Health Association
Mental health for all