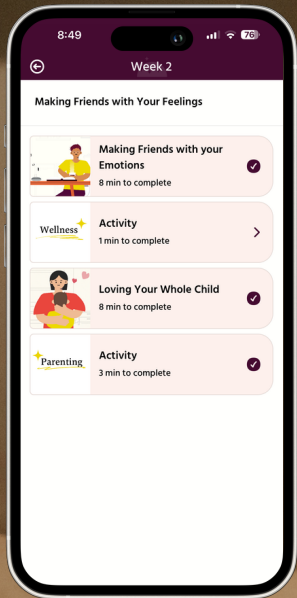




BEAM

# Hey parents, need help with your mental health?

## Join BEAM today



### WHAT IS BEAM

BEAM is a 12 week app-based program designed by parents, for parents.

It has been shown to reduce mental health problems and improve parent-child relationships

### WHAT TO EXPECT

- **Expert-led videos** on family mental health and parenting
- One-on-one **peer coaching**
- **Tracking** to see your progress
- An **online forum** to connect with other parents
- **Systems navigation** support

### ELIGIBILITY

- 18 years or older & living in Manitoba
- Parenting a 2-5 year old child
- Experiencing depression, anxiety, anger, and/or parenting stress

### TAKE OUR SCREENER

Participants can receive up to \$200



[redcap.link/beam](https://redcap.link/beam)

Contact us at [beam.research@umanitoba.ca](mailto:beam.research@umanitoba.ca)

Learn more at [thebeamprogram.com](https://thebeamprogram.com)

