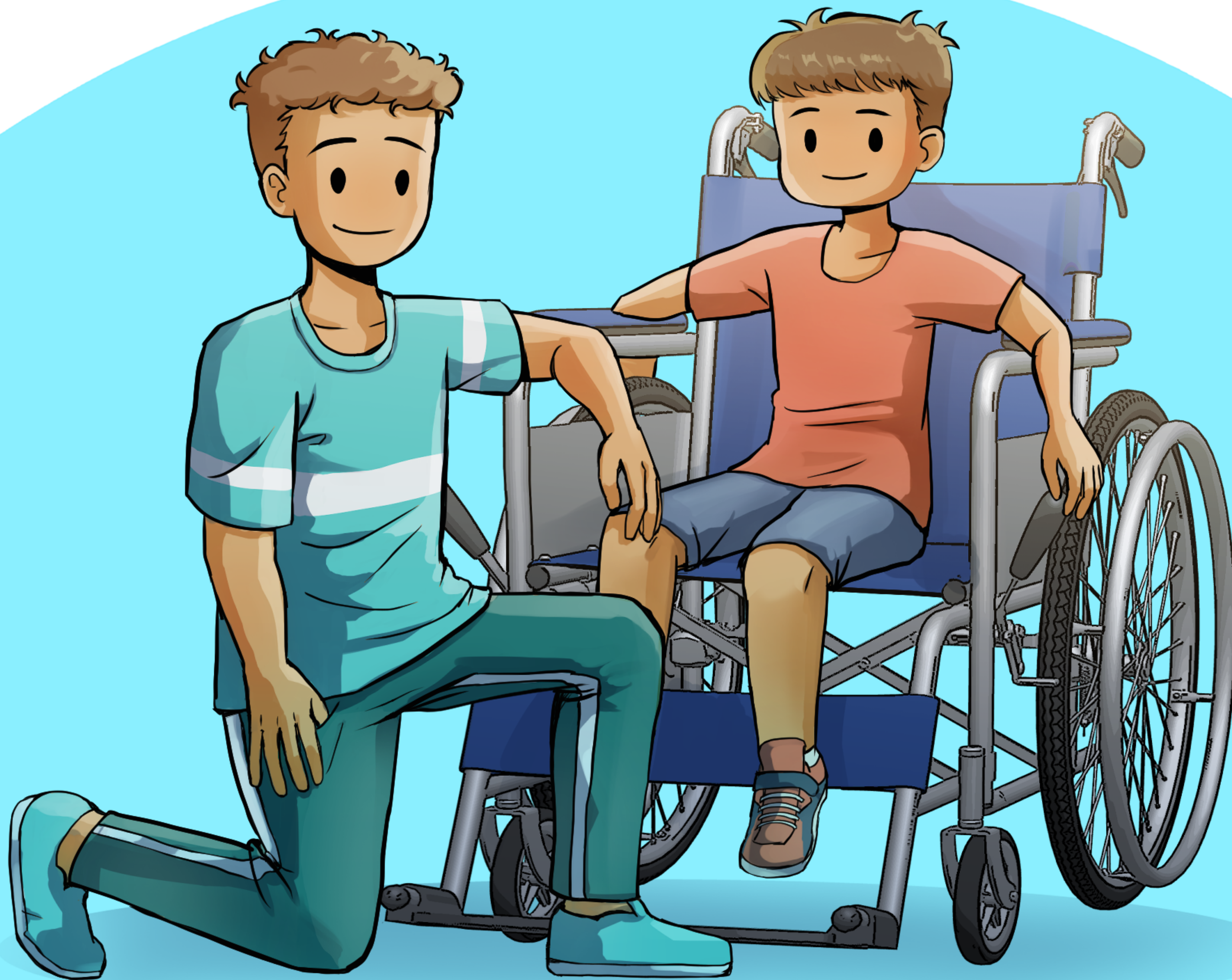


# LET'S TALK ABOUT IT!

Growing up while caring: Theo's story




En partenariat avec :



**amiquébec**  
Allié.e.s en santé mentale  
Allies in mental health

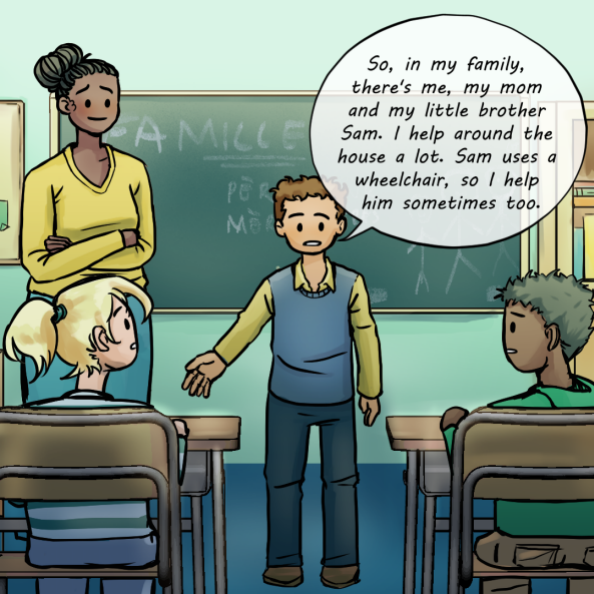




So today we're going  
to talk about families.  
Every family is different.  
Who wants to tell us  
about theirs ?

Yes,  
Theo !

Me !!



*So, in my family, there's me, my mom and my little brother Sam. I help around the house a lot. Sam uses a wheelchair, so I help him sometimes too.*

*I help him put on his shoes so that we can play together.*



*He really likes it when I push his chair and make him go really fast !*



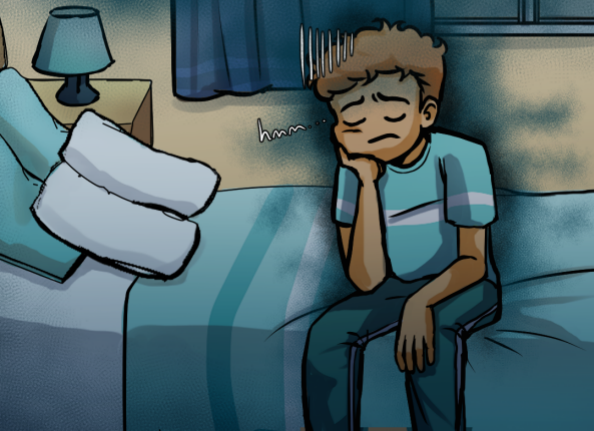
*But Sam doesn't always feel so great. When he has a bad day, I stay inside and watch him. I feel too worried to leave to play with my friends.*



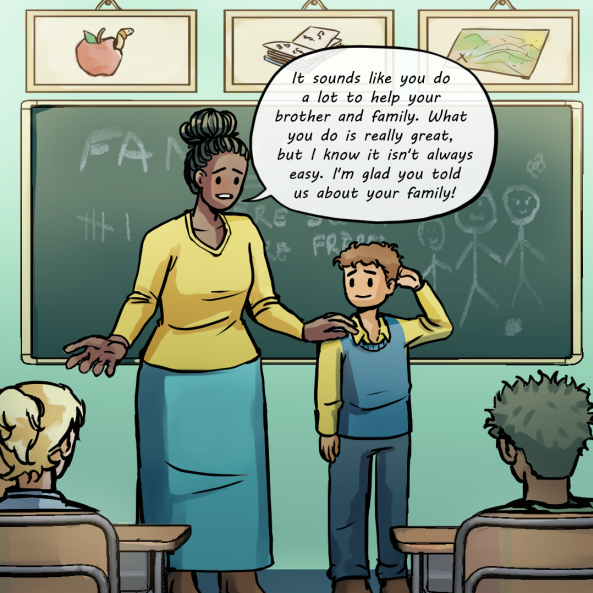
Then there are days when my mom has to spend a long time taking care of Sam. So, I've learned a lot about helping with chores and cooking, but sometimes that means I can't always get my homework done in time.




I love my brother and I am proud to be able to help my family. But, at the end of a long day, I feel tired, sad and sometimes wish I had a bit more time for myself.



hmm...



It sounds like you do a lot to help your brother and family. What you do is really great, but I know it isn't always easy. I'm glad you told us about your family!



Does anyone else want to tell us about their family ?



