

'intheknow'

# Information and Support

For families and caring adults who  
are parenting a child or youth with  
mental health challenges.

**IN THE KNOW PROVIDES EXPERT SPEAKERS ON TOPICS IMPORTANT TO FAMILIES.  
CONNECT AND LEARN WITH OTHER FAMILIES FOR AN ONLINE DISCUSSION  
JOIN BY COMPUTER OR PHONE.**

## **Self-Harm. There is Always Help, There is Always Hope.**

Learning that your child is self-harming can be scary and overwhelming. Self-injury takes many forms and the reason why someone self-injures is complex. Hear from a young person with lived experience and a healthcare professional as they discuss what self-harm is, why youth self-injure, and other options for healthy coping strategies.

Communities: Tri-Cities

Cost: Free of Charge

Date: Tuesday, January 19<sup>th</sup> at 4:30 PM

Registration Required: [www.familysmart.ca/itk](http://www.familysmart.ca/itk)

Discussion facilitated by FamilySmart Parent in Residence.

Watch a video with us and come together with other families for a facilitated discussion.