

'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.**

## **DOING THE HOLIDAYS DIFFERENTLY.**

If you have a child or youth with mental health challenges, you may already adapt things around the holiday season. Many of us do. As the 2020 Holiday Season may be one for the record books, let's get together and talk about what that might look like for families like ours. We've also gathered ideas from our team of PiRs, and can share great tips for how we can increase connections, reduce holiday stress and find a little more breathing space during this important time.

Communities: Tri-Cities

Cost: [Free of Charge](#)

Date: [Wednesday, December 9, 2020, 4:30 PM](#)

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

Discussion facilitated by FamilySmart Parent in Residence

Join us and connect with other families for a facilitated discussion, because we do holidays differently too.

[familysmart.ca](http://familysmart.ca)