

‘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.**

For Families: A Conversation about Eating Disorders

Families don't cause eating disorders but they can be one of the most effective influences in their child's recovery. Listen to a young person, parent and Eating Disorders Therapist share their perspective and knowledge as they talk about the continuum of disordered eating, what to be aware of, the importance of connection and strategies that can support recovery.

Communities: Tri-Cities

Cost: Free of Charge

Date: Tuesday, February 16, 2021 at 4:30pm

Registration Required: 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.