

'intheknow'

Connect and Learn

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

EVERY MONTH, WE HOST EVENTS FOR FAMILIES CALLED 'IN THE KNOW'. WE WATCH A VIDEO AND SHARE EXPERIENCES AND STRATEGIES THAT HELP IN THE HARD MOMENTS. WE HELP FOCUS ON STRENGTHENING OUR UNDERSTANDING AND CONNECTION WITH OUR KIDS.

Understanding, Supporting and Connecting with Teens with Depression

Mood rollercoasters are a part of normal development for our teens, but sometimes something more is going on with their mental health. How can we tell the difference? At what point should we intervene? Join us for a conversation with a mental health therapist who supports teens and families, to understand how depression shows up in teens and learn ways of journeying with them through it.

Cost: Free of Charge

Date(s):

Monday April 3, 2023 9:30-11am (PST)
Thursday April 13, 2023 6:30-8pm (PST)
Tuesday April 18, 2023 12-130pm (PST)
Wednesday April 26, 2023 5-630pm (PST)
Thursday April 27, 2023 630-8pm (PST)



Registration required:

www.familysmart.ca/events