

'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.

Working Together: Families and Schools

When our kids struggle with their mental health, challenges can often have a great impact on their school experience. As parents it can be really hard to know where to begin. How do we take the first step and let the school know what is going on for our family? What are the supportive options that are available to my child? We might even worry that we will be judged for the difficulties our child is facing.

Come together with other families to watch this 30 minute video presentation followed by a 45 minute facilitated discussion by a FamilySmart Parent Peer Support Worker.

Cost: Free of Charge

Date(s):

Tuesday, October 3, 2023, 6:30pm (PST)
Wednesday, October 11, 2023, 6:00pm (PST)
Thursday, October 12, 2023, 12:00pm (PST)
Tuesday, October 17, 2023, 6:30pm (PST)
Thursday, October 26, 2023, 6:00pm (PST)

Registration required:

www.familysmart.ca/events

