

# ‘intheknow’

information + support

## “Self-Harm: Overwhelming Emotions and Coping Skills.”

### Join us for a Video Presentation

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 adult with lived experience and a Health Care Professional as they discuss what self-harm is, why youth self-injure, and other options for healthy coping strategies.

### Topic Presenters:

**Ciara**, Young Adult with Lived Experience

**Kim Leifso**, Health Care Professional

**Victoria Keddis**, Manager, FamilySmart Practice

**Michelle Horn**, Program Manager, Kelty Mental Health Resource Centre

**Wednesday March 11<sup>th</sup>, 2020**

**6:30pm – 8:30pm**

Coquitlam Public Library – City Centre Branch, Room 136

1169 Pinetree Way

Coquitlam, BC

**FREE OF CHARGE**

Please RSVP by email: [tricitie@familysmart.ca](mailto:tricitie@familysmart.ca)



‘intheknow’ provides expert speakers on topics important to families and/or to those working to support the mental health of children and youth.

Viewing is available:

Online at:

[www.familysmart.ca/in-the-know](http://www.familysmart.ca/in-the-know)

In person at community sites:

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

The in person viewing also provides an opportunity for supported conversations.