

# ‘intheknow’

information + support

## “Finding Hope (Depression)”

### Join us for a Video Presentation

Understanding depression, its causes in children, and what parents can do about it is important to help kids manage mental health challenges. This presentation highlights the impacts of depression, where parents can go for help, and available treatments for kids.

### Topic Presenters:

Dr. Ashley Miller, Psychiatrist

**Wednesday, January 15<sup>th</sup>, 2020**

**6:30pm – 8:30pm**

Coquitlam Public Library – City Centre Branch, Room 136  
1169 Pinetree Way  
Coquitlam, BC V3B 0Y1

### FREE OF CHARGE

Please RSVP by email: [moira.hazlehurst@familysmart.ca](mailto:moira.hazlehurst@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.