

‘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.**

## TEENS & SCHOOLS

Secondary School is an important time in a teen’s life, and for teen’s struggling with mental health and/or substance use challenges, it can be a tough time. This ItK brings together a principal and a parent to discuss what they have done as adults to support things going well for teens in secondary schools.

Registration Required:

<https://itkmayjune-langleytricity.eventbrite.ca>

Video: [TEENS & SCHOOLS](#)

Cost: [Free of Charge](#)

Date: [June 1, 2020 2pm – 3pm](#)

Discussion facilitated by FamilySmart Parent in Residence

Watch the video on your own time and come together with other families for a facilitated discussion.