

'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 ZOOM.**

## Teens and 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.

Communities: **Tri-Cities**

Cost: **Free of Charge**

Date: **May 31, 2021 at 6:30pm**

Registration Required: [www.familysmart.ca/itk](http://www.familysmart.ca/itk)

Watch a video with us and come together with other families for a facilitated discussion by FamilySmart Parent in Residence.