

Connect & Learn

Online Events for Parents & Caregivers

Every month, we host events **for parents and caregivers** of a child or youth with a mental health and/or substance use challenge.

Join us to watch a video and share experiences and strategies that help in the hard moments, focusing on strengthening our understanding and connection with our kids.



Obsessive Compulsive Disorder: It's More Than Overwashing Your Hands

Living with OCD can present unique challenges that affect both our kids and us as families. For those living with it, simple tasks become overwhelming and disrupt daily life. Learn from Dr. Katherine McKenney, R. Psychologist and Director, Cornerstone Child & Family Psychology Clinic and Kelsey, a young adult who lives with OCD. Together they discuss ways to strengthen our understanding and support our kids living with OCD.

Join us and other families for this video presentation and discussion that's facilitated by a FamilySmart Parent Peer Support Worker.

- **COST:** Free
- **DATES:**

Times are in Pacific Time (most of B.C.)

- Wednesday, Oct. 15, 6:30pm
- Thursday, Oct. 23, 6:30pm



Register online at
familysmart.ca/events

