

'intheknow'

# Connect and Learn

For families and caring adults who are parenting a child or youth with mental health and/or substance use challenges.

EVERY MONTH, WE HOST EVENTS FOR FAMILIES CALLED 'IN THE KNOW'. WE WATCH A VIDEO AND SHARE EXPERIENCES AND STRATEGIES THAT HELP IN THE HARD MOMENTS. WE HELP FOCUS ON STRENGTHENING OUR UNDERSTANDING AND CONNECTION WITH OUR KIDS.

## Beyond Behaviours: When Is It More? What it Looks Like in Ages 13-18

It can be tricky to tell if our kids' development is on track, if they are going through a phase, or struggling with something more? You are not alone. Come together with other families to watch this 25 minute video presentation featuring speaker Victoria Keddiss, a parent with lived experience and Karen Peters, a mental health therapist who supports children, teens and families, for a discussion about understanding challenging behaviours in the younger years.

Come together with other families to watch this video presentation followed by a facilitated discussion by a FamilySmart Parent Peer Support Worker

Cost: Free of Charge

Date(s):

Tuesday, March 5, 2024, 6:00pm (PST)  
Thursday, March 7, 2024, 6:30pm (PST)  
Wednesday, March 13, 2024, 12:00pm (PDT)  
Thursday, March 14, 2024, 6:30pm (PDT)  
Tuesday, March 19, 2024, 6:00pm (PDT)

Registration required:

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

