

'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.**

## How to Manage Your Mental Health in Tight Quarters with Liz Kay

Join us as we listen to a discussion led by Liz Kay, MSW, RSW, RCC on how to manage stress and anxiety while many of us are living in closer proximity to each other (or perhaps the opposite is true for you!). We will be exploring managing personal anxiety, caring for others' anxiety, creating balance, meaning and connection during stressful times.

Communities: Langley, Surrey, Delta and White Rock

Cost: Free of Charge

Date: May 27, 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.