'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.

Self Harm: There is Always Help, There is Always Hope

Learn with us! Hear Kim Leifso a clinical counsellor and Ciara, a young person with lived experience; talk about what they know and have experienced with self-harm.

Come together with other families to watch this 30 minute video presentation followed by a facilitated discussion by a FamilySmart Parent Peer Support Worker.

Cost: Free of Charge

Date(s):
Monday January 9, 2023 12-130pm (PST)
Thursday January 12, 2023 5-630pm (PST)
Tuesday January 17, 2023 630-8pm (PST)
Monday January 23, 2023 630-8pm (PST)
Wednesday January 25, 2023 930-11am (PST)

Registration required:
www.familysmart.ca/events

FamilySmart
Together-Centred

heretohelp
EDUCATION EVENTS

BRITISH COLUMBIA