



'intheknow'

Fall Event Series 2021

FOR FAMILIES AND CARING ADULTS WHO ARE PARENTING A CHILD OR YOUTH WITH MENTAL HEALTH CHALLENGES.

Every month, we host events for parents & caregivers who are parenting a child or youth with a mental health and/or substance use challenge called “in the know.” We watch a video and share experiences and strategies that help in the hard moments and focus on strengthening our understanding and connection with our kids.

Events are online and facilitated by FamilySmart Parent Peer Support Workers.

For more info: familysmart.ca/events

FALL EVENT SERIES 2021

BEYOND BEHAVIOURS: When is it more? What it looks like at different ages.

What are typical behaviours, and how do we know when something more might be going on. This series is for all families & caregivers who feel like they are parenting in the deep end of the swimming pool or are just wondering what they can do when it feels like more.

SEPTEMBER

What it looks like at 4-8 years

OCTOBER

What it looks like at 9-12 years

NOVEMBER

What it looks like at 13-18 years