

'intheknow'

Connect and Learn

MONTHLY ONLINE EVENTS FOR PARENTS & CAREGIVERS

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."

SEPTEMBER

Parenting When Anxiety Shows Up As Anger

Speaker: Karen Peters, RCC

OCTOBER

Building Connection With Our Kids When It Feels Impossible

Speakers: Diane Evans & Tammy Music, Parent Peer Support Workers

NOVEMBER

It's Never Too Late: Healing Parent-Child Relational Stress Using Emotion-Focused Family Therapy

Speaker: Dr. Adele Lafrance

DECEMBER

ADHD - The Real Deal

Speaker: Dr. Adele Lafrance

Join us to watch a video and talk with other families about what helps. Online events are facilitated by FamilySmart Parent Peer Support Workers.

familysmart.ca/events

