

'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.

A Conversation for Families About Digital Wellbeing & Mental Health

As parents It's not easy to know how much time on technology is too much and how to set boundaries that don't create conflict. Join us for a conversation with a digital wellbeing expert to learn some practical solutions to our everyday concerns and challenges around our kids' use of screens and their mental health.

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

Cost: Free of Charge

Date(s):

Monday March 6, 2023 630-8pm (PST)

Thursday March 16, 2023 930-11am (PST)

Wednesday March 22, 2023 12-130pm (PST)

Tuesday March 28, 2023 630-8pm (PST))

Thursday March 30, 2023 5-630pm (PST)

Registration required:

www.familysmart.ca/events

