

'intheknow'

Connect and Learn

MONTHLY ONLINE EVENTS FOR PARENTS & CAREGIVERS FALL 2023

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

Mental Health and Preparing for the Transition to Post Secondary

Speaker: Dawn Schell, University of Victoria and Melissa Feddersen, University of British Columbia Okanagan

OCTOBER

Working Together: Families and Schools

Speakers: Ashley Ragoonaden, Principal at École KLO Middle School

NOVEMBER

Emotion Regulation

Speaker: Nicole Allen, RCC

DECEMBER

ADHD - The Real Deal

Speaker: Dr. Don Duncan

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

