

'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.

## Beyond Behaviours: When Is It More? What It Looks Like At Ages 4-8 years

It can be tricky to tell if our kids' development is on track, if they are going through a phase, or struggling with something more? You are not alone.

Come together with other families to watch this 25 minute video presentation featuring speaker: Karen Peters, Mental Health therapist and Victoria Keddis, facilitator and parent with lived experience.

The video will be followed by a facilitated discussion led by a FamilySmart Parent Peer Support Worker.

Cost: Free of Charge

Date(s):

Thursday June 1, 2023 630-8pm PST

Wednesday June 7, 2023 12-130pm PST

Tuesday June 13, 2023 5-630pm PST

Monday June 19, 2023 930-11am PST

Wednesday June 21, 2023 630-8pm PST

Registration required:

[www.familysmart.ca/events](http://www.familysmart.ca/events)