

‘intheknow’

information + support

“FamilySmart[®] Holiday Social”

Please join us for a Holiday Social Event

Please join us for a FamilySmart[®] Holiday Social. Together we can talk, share and learn about what self-care can look like during the holidays.

We know how important it is to take care of ourselves as we take care of others, and our PiR can share some strategies to find small self-care moments during such a busy time.

We will also have the opportunity to make a special Holiday Craft and enjoying some homemade holiday treats.

Hosted By:

FamilySmart Parent in Residence, Monica Thimer

When:

Thursday December 12th, 2019

6:30pm - 8:30pm

Where:

Mission Public Library
33247 2nd Ave
Mission BC

FREE OF CHARGE

Please RSVP by email:

monica.thimer@familysmart.ca



‘intheknow’ provides expert speakers on topics important to families and/or to those working to support the mental health of children and youth.

Viewing is available:

Online at:

www.familysmart.ca/in-the-know

In person at community sites:

www.familysmart.ca/events/

The in person viewing also provides an opportunity for supported conversations.