

'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.

Explosive Behaviour in Teens: Strategies to Empower Families

When our teens are showing up in explosive ways, we sometimes blame ourselves. Discover with us as a therapist explains some causes of explosive behaviour and strategies that support parents and teens.

Join Victoria Keddis as she hosts a conversation with Kirk Shields-Priddy, MSW/RSW Group and Family Therapist with Fraser Health START Program.

Come together and watch a video presentation and stay for a facilitated conversation by our Family Peer Support Workers.

Cost: Free of Charge

Date(s):

Tuesday, March 4th at 6:30pm (Most of BC)
Wednesday, March 5th at 6:30pm (Most of BC)
Tuesday, March 11th at 6:30pm (Most of BC)
Wednesday, March 12th at 12:00pm (Most of BC)
Tuesday, March 25th at 6:30pm (Most of BC)

Registration required:

www.familysmart.ca/events

