

# '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.

## Supporting, Understanding and Connecting with a Teen With a Depression

Mood rollercoasters are a part of normal development for our teens, but sometimes something more is going on with their mental health. How can we tell the difference? At what point should we intervene, and how can we go about it? If you as a caregiver and feel lost about how to best support your teen struggling with Depression, you are not alone. Join Victoria Keddis, a parent with lived experience and Karen Peters, a mental health therapist who supports children, teens and families, for a discussion about understanding how depression shows up in teens and ways of journeying with them through it.

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

Cost: Free of Charge

Date(s):

Wednesday, April 3, 2024, 12:00pm (PDT)

Thursday, April 4, 2024, 6:00pm (PDT)

Thursday, April 11, 2024, 6:30pm (PDT)

Tuesday, April 23, 2024, 6:00pm (PDT)

Thursday, April 25, 2024, 6:30pm (PDT)

Registration required:

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

