

'intheknow'

# Connect and Learn

## MONTHLY ONLINE EVENTS FOR PARENTS & CAREGIVERS

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

**Parenting When Anxiety Shows Up As Anger**

Speaker: Karen Peters, RCC

### OCTOBER

**Building Connection With Our Kids When It Feels Impossible**

Speakers: Diane Evans & Tammy Music, Parent Peer Support Workers

### NOVEMBER

**It's Never Too Late: Healing Parent-Child Relational Stress Using Emotion-Focused Family Therapy**

Speaker: Dr. Adele Lafrance

### 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](https://familysmart.ca/events)

