

Our School District's Integrated Child & Youth (ICY) Team includes a dedicated Family Peer Support Worker from [FamilySmart](#). Our trained Family Peer Support Workers can host free, in person educational events on mental health or substance use topics for parents and caregivers at your school. At the event, they will watch a short video that provides professional expertise, followed by a supportive discussion as they share experiences and strategies that can help caregivers strengthen their understanding and connection with their kids. These events are designed for parents and caregivers only, childcare is not available.

FamilySmart will create posters, manage registration, set up and host the event. The school provides the space, chairs, a projector, and screen.

Events can be one hour or 90 minutes in length. Please see below for more information about the topics and types of events that your school can offer through the ICY Family Peer Support Worker.

One Hour Events

One Hour Events are informal welcoming opportunities for parents and caregivers to connect and learn with other families in the school community. They include watching a short video followed by a discussion facilitated by the Family Peer Support Worker.

Digital Wellbeing and Our Kids' Mental Health [Length of Video: 17 minutes]

Technology and screens can make parenting extra hard, and maybe even more so when our kids have mental health challenges. Let's talk about the challenges and how we can make it a bit easier for us and for our kids, and learn from Dr. Kristy Goodwin, a Digital Wellbeing and productivity researcher, speaker, author and consultant.

Segment of Video:  [A Conversation for Families About Digital Wellbeing and Mental Health](#)

Parenting When Our Kids Are Struggling With Their Mental Health [Length of Video: 9 minutes]

When our kids have mental health challenges, parenting can be especially hard. Let's talk about what helps to make it a bit easier. Join us and learn from Karen Peters, a Registered Clinical Counsellor.

Segment of Video:  [Beyond Behaviours: When Is It More? What It Looks Like at Ages 4 to 8](#)

Parenting Kids With ADHD [Length of Video: 15 minutes]

When our kids have ADHD, parenting can be hard and overwhelming. Join us to watch a short video about the ADHD brain and to talk about what helps to make parenting a bit easier. Learn from Dr. Don Duncan, a Child and Adolescent Psychiatrist.

Segment of Video:  [ADHD - The Real Deal](#)

Caring For Ourselves So We Can Care For Our Kids [Length of Video: 6 minutes]

Taking care of ourselves helps us take care of our kids. But making time for ourselves can be hard. Why is self-care so important and what can self-care look like as a parent? The Child Mind Institute can help us understand. Let's come together, learn, and share our thoughts about self-care.

Video (external): [Caring for Ourselves](#) (from Child Mind Institute)

90 Minute Events

90 Minute Events are informal, welcoming opportunities for parents and caregivers to connect and learn with other families in the school community. They include watching a full length video followed by a discussion facilitated by the Family Peer Support Worker.

A Conversation for Families About Digital Wellbeing and Mental Health [Length of Video: 35 minutes]

As parents, we struggle with balancing our children's time spent in the digital world and what we consider the real world. It's not easy to know how much time spent on technology is too much, and how to set boundaries that don't create conflict. Join us to watch this video conversation with Dr. Kristy Goodwin, a digital wellbeing expert, and to learn some practical solutions to our everyday concerns and challenges around our kids' use of screens and their mental health.

Video:  [A Conversation for Families About Digital Wellbeing and Mental Health](#)

ADHD - The Real Deal [Length of Video: 34 minutes]

ADHD doesn't just affect the person living with ADHD. It also affects those around them. As parents of kids living with ADHD, we can benefit from learning what ADHD is and how to support our kids. Dr. Duncan dispels some myths and explains how and why the ADHD brain works the way it does. Join us in person to watch this video presentation from Dr. Don Duncan, Child and Adolescent Psychiatrist.

Video:  [ADHD - The Real Deal](#)

Beyond Behaviors Ages 4 - 8 [Length of Video: 25 minutes]

Why can it feel so tricky to tell if our kids are on track, going through a phase, as opposed to struggling with something more, or something beyond behaviours? Learn from Karen Peters, Registered Clinical Counsellor, as she talks with us about the developmental stages of children 4 to 8 years old and what might be some signs of mental health challenges at this age.

Video:  [Beyond Behaviours: When Is It More? What It Looks Like at Ages 4 to 8](#)

Beyond Behaviors Ages 9 -12 [Length of Video: 43 minutes]

Why can it feel so tricky to tell if our kids are on track, going through a phase, as opposed to struggling with something more, or something beyond behaviours? Learn from Karen Peters, Registered Clinical Counsellor, as she talks with us about the developmental stages of children 9 to 12 years old and what might be some signs of mental health challenges at this age.

Video:  [Beyond Behaviours: When Is It More? What It Looks Like Ages 9 to 12](#)

Beyond Behaviors Ages 13+ [Length of Video: 42 minutes]

Why can it feel so tricky to tell if our kids are on track, going through a phase, as opposed to struggling with something more, or something beyond behaviours? Learn from Karen Peters, Registered Clinical Counsellor, as she talks with us about the developmental stages of children 13 years and older, and what might be some signs of mental health challenges at this age.

Video:  ["Beyond Behaviours: When Is It More? What It Looks Like Ages 13+"](#)

Connecting with Our Kids When Anxiety Leads to Social Isolation [Length of Video: 38 minutes]

When kids spend a lot of time alone because of their anxiety, it can be frustrating and challenging for parents. Join us to watch this video conversation with Christine M. Yu, M.A., Registered Clinical Counsellor, and a parent as they talk about the hard stuff. Learn some strategies that can help us connect with our kids when they are socially isolated.

Video: [▶ Connecting With Our Kids When Anxiety Leads to Social Isolation](#)

Emotion Regulation [Length of Video: 42 minutes]

When kids frequently have big emotions, parenting can be overwhelming and tiring. As parents, we play an important part in helping our kids manage their big emotions. Learn about emotion regulation and dysregulation. Join us to watch this video conversation with Nicole Allen, Registered Clinical Counsellor and Victoria Keddiss, a parent with lived experience, to discover some strategies and skills that you can try to make it easier for your kids and you.

Video: [▶ Emotion Regulation](#)

Explosive Behaviour in Teens: Strategies to Empower Families [Length of Video: 43 minutes]

When our teens show up in explosive ways, we might sometimes blame ourselves, or not know how to respond during those hard, explosive moments. Finding help can feel challenging. Learn with us as Kirk Shields-Priddy (MSW/RSW Group and Family Therapist with Fraser Health START Program) explains some causes of explosive behaviour in teens, and strategies for parents and teens. Discover some approaches that can help us when we are starting to explore resources and supports for our teens' explosive behaviour.

Video: [▶ Explosive Behaviour In Teens: Strategies to Empower Families](#)

For Families: A Conversation About Eating Disorders [Length of Video: 39 minutes]

Knowing how to help our kids who are experiencing an eating disorder can be a terrifying, isolating and overwhelming experience. Learn about disordered eating, what to be aware of, the importance of connection, and strategies that help support recovery. Learn as Victoria Keddiss hosts a conversation with Eating Disorders Therapist & Educator Carmen Kaufmann; a young person with lived experience; and a parent with lived experience.

Video: [▶ For Families: A Conversation About Eating Disorders](#)

Mental Health And Preparing Students for the Transition to Post-Secondary Education

[Length of Video: 31 minutes]

After high school, post-secondary education for our youth can be exciting but also stressful if they have struggled with their mental health. Learn from Dawn Schell from the University of Victoria and Melissa Feddersen from the University of British Columbia (Okanagan). Discover some ways we can prepare our youth for school, and support their mental health and independence while they are at school.

Video: [▶ Mental Health and Preparing for the Transition to Post Secondary](#)

Now What? A beginning conversation for families when our kids begin experimenting with substances

[Length of Video: 27 minutes]

Learning that our kids are using substances can be scary. Our fears about substance use can affect how we react. This is a beginning conversation to help parents self-reflect on how they show up to talk to their kids about their substance use. Learn with us while Victoria Keddiss hosts a conversation with Douglas Hardie, Registered Clinical Counsellor.

Video: [▶ Now What? A beginning conversation for families when our kids begin experimenting with substa...](#)

Obsessive Compulsive Disorder: It's More Than Overwashing Your Hands [Length of Video: 29 minute]

Living with OCD can present unique challenges that affect both our kids and us. For those living with it, simple tasks become overwhelming and disrupt daily life. Learn from Dr. Katherine McKenney, R. Psychologist and Director, Cornerstone Child & Family Psychology Clinic and Kelsey, a young adult who lives with OCD. Together they discuss ways to strengthen our understanding and support for our kids living with OCD.

Video: [▶ Obsessive Compulsive Disorder It's More Than Overwashing Your Hands](#)

Parenting When Anxiety Shows Up As Anger [Length of Video: 42 minutes]

When our kids' anxiety shows up as anger, parenting can be extra hard. Learn about anxiety and anger, and some strategies that can help you before, during and after these hard moments. Join us to watch this video conversation with Karen Peters, MA, RCC Registered Clinical Counsellor.

Video: [▶ Parenting When Anxiety Shows Up As Anger](#)

Self Harm: There Is Always Help, There Is Always Hope [Length of Video: 29 minutes]

Realizing that your child is self-harming can be scary and confusing. Learn from Ciara, a young person with lived experience, and Kim Leifso, a therapist, as they talk about why some kids harm themselves. Learn some healthy coping strategies for your child and you, and discover helpful ways to respond to your child.

Video: [▶ Self Harm There is Always Help, There is Always Hope](#)

Substance Use & the Power of Support [Length of Video: 25 minutes]

Connection and relationship can make a difference in substance use and addiction. Guy Felicella, a renowned advocate and international speaker who has overcome a two-decade substance use disorder, passionately promotes harm reduction, trauma therapy, and faster access to treatment using his story of resilience and recovery. Learn how we can show care not just for our kids, but for the broader community impacted by substance use disorder.

Video: [▶ Substance Use and the Power of Support](#)

Supporting Safety at Home When Your Child Has a Mental Health Crisis [Length of Video: 35 minutes]

When your child or youth has had a mental health crisis, knowing how to keep them safe can be overwhelming. Our concerns can include suicidal thoughts, self-harming, aggression or any situation where you or your child is concerned about their safety. Learn from a Director at the BC Crisis Centre and a Family Peer Support Worker at Surrey Memorial Hospital's Child & Adolescent Psychiatric Stabilization Unit about some ways that can help us plan to keep them safe at home.

Video: [Supporting Safety at Home When Your Child Has a Mental Health Crisis](#)

Teens and Schools [Length of Video: 33 minutes]

For teens struggling with their mental health and/or substance use challenges, secondary school can be tough. How can we support our teens, their education, and their mental health during these times? Learn from Jeremy Church, a school principal, and a parent who talk about what they have done to help things go better for teens in high school.

Video: [Teens and Schools](#)

Understanding, Supporting and Connecting with Teens with Depression [Length of Video: 44 minutes]

When our teens are struggling with depression, we can feel lost about how to best support them. How do we know when they are experiencing a mental health challenge and when should we intervene? Learn from Karen Peters, Registered Clinical Counsellor, and Victoria Keddis, a parent with lived experience, as they talk about how depression shows up in teens and ways of journeying with them through it.

Video: [Understanding, Supporting and Connecting with Teens with Depression](#)

Working Together: Families and Schools [Length of Video: 33 minutes]

When our kids struggle with their mental health, school can be hard for them. Let's talk about how we can help our kids by focusing on their strengths, and building relationships with their school. Learn from Ashley Ragoonaden, Principal at École KLO Middle School.

Video: [Working Together: Families and Schools](#)