

Connect & Learn

Online Events for Parents & Caregivers

Every month, we host events for parents and caregivers of a child or youth with a mental health and/or substance use challenge.

Join us to watch a video and share experiences and strategies that help in the hard moments, focusing on strengthening our understanding and connection with our kids.



Supporting Our Kids With Substance Misuse

As parents and caring adults, the way we talk about and understand substance use can deeply influence the young people in our lives.

Supporting young people who are misusing substances while taking good care of ourselves can be difficult. Learn some evidence-informed approaches from Alex Lekei (MA, CCAC), addictions counsellor, and Kim Dunlap, a mom with lived experience, that can help us with communication, boundaries and relationship.

- **COST:** Free
- **DATES:**

Times are in Pacific Time (most of B.C.)

- Thursday, April 16, 6:30pm
- Thursday, April 23, 6:30pm



Register online at
familysmart.ca/events

