

'intheknow'

# Information and Support

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.**

## **A Conversation for Families About Digital Wellbeing and Mental Health**

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 on technology is too much and how to set boundaries that don't create conflict. Join us for a conversation with a digital wellbeing expert to learn some practical solutions to our everyday concerns and challenges around our kids' use of screens and their mental health.

Come together with other families for a facilitated discussion by Parent Peer Support Workers.

Dates (BC Time):

April 4, 2022 at 6:30pm  
April 12, 2022 at 5:00pm  
April 20, 2022 at 12:00pm  
April 26, 2022 at 6:30pm  
April 28, 2022 at 5:00pm

Cost: **Free of Charge**

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

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







FamilySmart®

# Help for the Hard Times

FAMILIES HELPING FAMILIES

**VANCOUVER**  
BC Children's  
Hospital

**FRASER**  
Surrey  
Hospital

**SOUTH  
ISLAND**  
Victoria General  
or Ledger House

It's really tough to be going through hard stuff with a child or youth who is struggling with their mental health and they end up in crisis – and we want to help you. We know what it's like because we've been there.

## TOPICS

Session 1 & 2:

How to Support a Safety Plan at Home

Session 3:

How to Take Care of Yourself and Family After a Crisis

Session 4:

How to Find the Resources You Need

Region: Fraser Valley

Dates: May 2, 4, 9, and 11

Times: 12:00pm – 1:00pm

Dates: May 3, 5, 10, and 12

Times: 7:00pm – 8:00pm

There is no cost to families. Registration is required:  
[www.familysmart.ca/workshops](http://www.familysmart.ca/workshops)

Help for the Hard Times workshops are facilitated by parents with lived experience. The workshops are hosted online and include a one-on-one video conference or phone call with a Facilitator.

