



## National Child & Youth Mental Health Day



May 7<sup>th</sup> is about building caring connections between young people and the caring adults in their lives. We know having caring, connected conversations can have a big impact on the mental health of children and youth.

### Conversations about mental health: What it sounds like at different ages.

It's never too early to start ... and never too late to keep trying. Join us for a conversation about how to connect with our kids between the ages of 0 to 18 years. Led by Karen Peters, RCC ThriveLife Counselling and Victoria Keddiss, Parent & Manager, FamilySmart

**For: Families & Caregivers**

**Date: Friday, May 7<sup>th</sup>**

**Time: 12pm – 1pm (PST)**

**Cost: Free of Charge**

**To register & receive an event reminder:**

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

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