

‘intheknow’

Information and Support

For families and caring adults who
are parenting a child or youth with
mental health challenges.

**IN THE KNOW PROVIDES EXPERT SPEAKERS ON TOPICS IMPORTANT TO FAMILIES.
CONNECT AND LEARN WITH OTHER FAMILIES FOR AN ONLINE DISCUSSION,
JOIN BY ZOOM.**

Summer Strategies – Helping Things Go Better

Things can look different for families like ours, and summer activities are no exception. When mental health is in the picture, sometimes our energy can fluctuate, and it can be the same for our kids. Whether you are struggling a little bit or a lot, there may be something in this conversation that could help things go better this summer.

Communities: [Surrey/Delta/White Rock](#)

Cost: [Free of Charge](#)

Date: [June 9, 2021 at 4:30pm](#)

Registration Required: www.familysmart.ca/itk

Let’s talk together about ways we can adjust activities to match our family’s capacity at the moment. And we’ll have a summer bingo card, just for fun!

familysmart.ca