Connect & Learn

ONLINE EVENTS FOR PARENTS AND 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.

FamilySmart
Together-Centred

CARING FOR ALL OF OUR KIDS WHEN A SIBLING STRUGGLES WITH THEIR MENTAL HEALTH

A mom, sibling and psychologist share their insights in this gentle and compassionate video. They focus on connection, and ways we can care for all our kids while a sibling is struggling. Together, they share actionable ways to normalize your siblings' mixed feelings and ensure every child feels seen and supported in their role within the family.

Join us and other families for this video presentation and discussion that's facilitated by a FamilySmart Parent Peer Support Worker.

DATE & TIME:
Tuesday, September 15 at 6:30pm
Thursday, September 24 at 12:00pm
***All times are in Pacific Time**

REGISTER ONLINE AT:
familysmart.ca/events

FREE EVENT

BRITISH COLUMBIA
Ministry of Children and Family Development

heretohelp
EDUCATION EVENTS