

'intheknow'

# Information and Support

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

Every month, we host events for families called 'in the know'. We come together and share experiences and strategies that help in the hard moments. We help focus on strengthening our understanding and connection with our kids.

## Say, Don't Say: What Youth With Mental Health Challenges Really Want From Their Parents and Caring Adults

Knowing what kids really need from the caring adults in their lives when experiencing mental health challenges is vital for their wellbeing. This presentation shares lessons from a Youth-in-Residence with personal lived experiences and helps us understand how to best support youth in times of need.

Communities: Mission

Cost: Free of Charge

Date: January 26, 2022 at 6:30pm

Registration Required:

[familysmart.ca/events](https://familysmart.ca/events)

Events are facilitated by Parent Peer Support Workers.