

'intheknow'

# Connect and Learn

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.

## Emotion Regulation

Young people face many different stressors in today's world. This can often lead to feelings of overwhelm and dysregulation. This event offers support to parents and caregivers with information and strategies to cope with emotion dysregulation and will talk about the critical role that parents and caregivers play in creating the environment for positive change for their young people especially when things can be the most challenging.

Come together with other families to watch this 35 minute video presentation followed by a 40 minute facilitated discussion by a FamilySmart Parent Peer Support Worker.

Cost: Free of Charge

Date(s):

Wednesday, November 8, 2023, 6:00pm (PST)  
Tuesday, November 14, 2023, 6:30pm (PST)  
Thursday, November 16, 2023, 12:00pm (PST)  
Tuesday, November 21, 2023, 6:00pm (PST)  
Thursday, November 23, 2023, 6:30pm (PST)

