

‘intheknow’

Information and Support

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.**

ADHD – The Real Deal

Join us in watching a video presentation by Dr. Duncan, who will dispel the many myths surrounding ADHD by presenting up to date scientific facts about cause, prevalence, diagnosis and treatment. He will explain how and why the ADHD brain works the way it does.

Come together with other families for a facilitated discussion by Parent Peer Support Workers.

Dates (BC Time):

March 10, 2021 at 6:30pm

March 16, 2021 at 5:00pm

March 24, 2021 at 12:00pm

March 28, 2021 at 6:30pm

March 29, 2021 at 5:00pm

Cost: **Free of Charge**

Registration Required: www.familysmart.ca/events