

‘in**the**know’

# 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.

## Teens and School

Secondary School is an important time in a teen’s life, and for teen’s struggling with mental health and/or substance use challenges, it can be a tough time. This ItK brings together a principal and a parent to discuss what they have done as adults to support things going well for teens in secondary schools.

Communities: **Burnaby/New Westminster**

Cost: **Free of Charge**

Date: **January 27, 2022 at 6:30pm**

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

Events are facilitated by Parent Peer  
Support Workers.