

'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.**

## **A Conversation for Families About Digital Wellbeing and Mental Health**

As parents, we struggle with balancing our children's time spent in the digital world and what we consider the real world. It's not easy to know how much time on technology is too much and how to set boundaries that don't create conflict. Join us for a conversation with a digital wellbeing expert to learn some practical solutions to our everyday concerns and challenges around our kids' use of screens and their mental health.

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

**Dates (BC Time):**

April 4, 2022 at 6:30pm

April 12, 2022 at 5:00pm

April 20, 2022 at 12:00pm

April 26, 2022 at 6:30pm

April 28, 2022 at 5:00pm

Cost: **Free of Charge**

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

[familysmart.ca](http://familysmart.ca)