



# Online events for parents and caregivers.

## Connect & Learn

Online Events for Parents and Caregivers who have children or youth struggling with their mental health and/or substance use.

Every month, we host events for parents and caregivers. Join us and other families for a video presentation and discussion facilitated by a Family Peer Support Worker.

### January

- Connecting with Our Kids When Anxiety Leads to Social Isolation
- Supporting Safety at Home When Your Child Has a Mental Health Crisis

### February

- For Families: A Conversation About Eating Disorders
- Mental Health and Preparing for the Transition to Post Secondary

### March

- Self-Harm: There is Always Help, There is Always Hope
- Parenting When Anxiety Shows Up As Anger

Free and Online. Registration Required at [familysmart.ca/events](https://familysmart.ca/events)



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Together-Centred