



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



FamilySmart
Together-Centred