

‘intheknow’

information + support

“Summer Survival Strategies for Parents”

Join us for a Video Presentation

When children who experiences mental health challenges are out of school, parent’s schedules are bound to get busier. This presentation offers coping strategy suggestions for parents, highlights ways to nurture relationships and the importance of spending one-on-one time with children, and the benefits to creating a summer support network.

Topic Presenter:

Don Lasell, Registered Clinical Counsellor, School Counsellor

Monday June 10th, 2019

6:30pm – 8:30pm

**Foundry Abbotsford – Mtg. Rm A
32555 Simon Ave
Abbotsford BC**

FREE OF CHARGE

Please RSVP by email: corinna.landsberger@familysmart.ca



‘intheknow’ provides expert speakers on topics important to families and/or to those working to support the mental health of children and youth.

Viewing is available:

Online at:

www.familysmart.ca/in-the-know

In person at community sites:

www.familysmart.ca/events/

The in person viewing also provides an opportunity for supported conversations.