

# ‘intheknow’

information + support

## “Teens and school... what adults can do to help”

### Join us for a Video Presentation

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 school.

### Topic Presenters:

**Jeremy Church - Principal, Mountainside Secondary**

**Colleen Clark - Parent**

**March 25<sup>th</sup>, 2019**

**6:00pm – 7:30pm**

Foundry

140 10<sup>th</sup> Ave

Campbell River, BC

**FREE OF CHARGE**

Please RSVP by email: [wendy.safruk@familysmart.ca](mailto:wendy.safruk@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](http://www.familysmart.ca/in-the-know)

In person at community sites:

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

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