

# ‘intheknow’

information + support

## Social, Holiday Survival Strategies

Take a break from the holiday rush, have a snack and share some ideas to make this time of year more enjoyable and less stressful.

Tuesday, December 18, 2018  
6:00pm – 7:30pm

Lake Trail Middle School  
805 Willemar Ave  
Courtenay, BC V9N 3M1

### FREE OF CHARGE

To secure your spot please RSVP by phone or email to:  
[wendy.safruik@familysmart.ca](mailto:wendy.safruik@familysmart.ca) / 604.878.3400



what is the  
‘intheknow’?

‘intheknow’ provides expert speakers on topics important to families and/or to those working to support the mental health of children and youth. The in person viewing also provides an opportunity for supported conversations between families and/or service providers.

Participating can happen either in person at various community sites or online at:  
[www.familysmart.ca/in-the-know](http://www.familysmart.ca/in-the-know)