

‘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

February 19th, 2019

6:00pm – 7:30pm

Lake Trail Middle School

805 Willemar Ave

Courtenay, BC

FREE OF CHARGE

Please RSVP by email: wendy.safruik@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.