

# ‘intheknow’

information + support

## Substance Use: Relationship over Responsibility

### Join us for a Video Presentation

Being a parent of a young person with substances use challenges is hard. What do I do? what can I say? how can I make them stop? These are all things that many parents ask themselves. This ItK is a facilitated discussion to help share some practical ways to move through the challenges.

### Topic Presenters:

**Judith Bertholm**, Mother with lived experience

**Dan Reist**, Grandfather, Father, Associate Director, CISUR

**Keli Anderson**, President/CEO of FamilySmart<sup>®</sup>, Moderator

**March 12<sup>th</sup>, 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](mailto: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](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.