

'intheknow'

information + support

Surviving the Holidays Sharing

Please join us for a social evening, sharing strategies for surviving the holidays.

Refreshments will be served.

Wednesday, December 5, 2018

6:30pm – 8:30pm

Langley Youth Hub
6275 203rd Street
Langley, BC V3A-5E6

FREE OF CHARGE

To secure your spot please RSVP by phone or email to:
michelle.tait@familysmart.ca / 604.878.3400



'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