

# ‘intheknow’

information + support

## “Say - Don't Say: What Youth with Mental Health Challenges *Really* Want From their Parents and Caring Adults”

### Join us for a Video Presentation

Knowing what kids really need from the caring adults in their lives when experiencing mental health challenges is vital for their wellbeing. This presentation shares lessons from a Youth-in-Residence with personal lived experiences and helps us understand how to best support youth in times of need.

### Topic Presenters:

**Andrea Vukobrat, Youth with lived experience**

**Tuesday May 21<sup>st</sup>, 2019**

**6:30pm – 8:30pm**

**Columbus Community Centre  
7201 Domano Blvd  
Prince George, BC V2L 4S2**

**FREE OF CHARGE**

Please RSVP by email: [kathy.buhler@familysmart.ca](mailto:kathy.buhler@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.