

‘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

Friday May 31st, 2019

11:30 am – 1:30 pm

Healthy Living Centre

1070 Main St

Smithers, BC

FREE OF CHARGE

Please feel free to bring your lunch!

Please RSVP by email: paula.neglia@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.