

‘intheknow’

information + support

“Self-Care: When you’re a parent of a child with challenging behaviour”

Join us for an In-Person Presentation

This presentation will focus on the importance of taking care of ourselves as parents, learning and understanding how the stress of dealing with behaviour can impact our minds and bodies, as well as strategies to help in practicing self-care.

Topic Presenters:

Lindsay Trowell Counsellor RTC, B.A.

February 21st, 2019

7:00pm – 9:00pm

Saanich Neighbourhood Place
3100 Tillicum Road
Victoria, BC

FREE OF CHARGE

Please RSVP by email to: lisa.tate@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.