

‘intheknow’

information + support

“The Three C's of Teen Mental Health & Wellness: Conversation + Connection = Change: How to Support your Teen in their Mental Health Journey”

Join us for an In person Presentation

Our speaker will help parents understand what it is like to be a teen with mental health issues, how to break down the stigma and barriers with mental illnesses and how parents can help support their children during this difficult time.

Topic Presenter:

Shilpa Narayan, Psychology Student, Youth with lived experience

Thursday May 16th, 2019

7:00 pm – 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.