'intheknow'
Online Events

Connect & Learn

Online Events for Parents & Caregivers

Every month, we host events for parents and caregivers of a child or youth with a mental health and/or substance use challenge.

Join us to watch a video and share experiences and strategies that help in the hard moments, focusing on strengthening our understanding and connection with our kids.

ADHD - The Real Deal

ADHD doesn't just affect the person living with ADHD -- it also affects those around them. As parents of kids living with ADHD, we can benefit from learning what ADHD is and how to support our kids. Learn from Dr. Duncan, Child and Adolescent Psychiatrist, as he dispels some myths and explains how and why the ADHD brain works the way it does.

Join us and other families for this video presentation and discussion that's facilitated by a FamilySmart Family Peer Support Worker.

- COST: Free
- DATES:

  Times are in Pacific Time (most of B.C.)

  - Tuesday, May 12, 6:30pm
  - Wednesday, May 13, 12:00pm

Register online at
familysmart.ca/events

British Columbia
Ministry of Children and Family Development

heretohelp
EDUCATION EVENTS

FamilySmart
Together-Centred