

# 'intheknow'

# Connect and Learn

For families and caring adults who are parenting a child or youth with mental health and/or substance use challenges.

**EVERY MONTH, WE HOST EVENTS FOR FAMILIES CALLED 'IN THE KNOW'. WE WATCH A VIDEO AND SHARE EXPERIENCES AND STRATEGIES THAT HELP IN THE HARD MOMENTS. WE HELP FOCUS ON STRENGTHENING OUR UNDERSTANDING AND CONNECTION WITH OUR KIDS.**

## For Families: A Conversation About Eating Disorders

Families don't cause eating disorders but they can be one of the most effective influences in their child's recovery.

Listen to a young person, parent and Eating Disorder Therapist share their perspectives and knowledge as they talk about the continuum of disordered eating, what to be aware of, the importance of connection and strategies that can help support recovery.

Come together with other families to watch this 30 minute video presentation followed by a facilitated discussion by a FamilySmart Parent Peer Support Worker.

Cost: Free of Charge

Date(s):

Thursday February 2, 2023 630-8pm (PST)

Monday February 6, 2023 5-630pm (PST)

Tuesday February 7, 2023 12-130pm (PST)

Wednesday February 15, 2023 630-8pm (PST)

Monday February 27, 2023 930-11am (PST)

Registration required:

[www.familysmart.ca/events](http://www.familysmart.ca/events)

