

'intheknow'

# Information and Support

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

Every month, we host events for families called 'in the know'. We come together and share experiences and strategies that help in the hard moments. We help focus on strengthening our understanding and connection with our kids.

## Holidays Can Be Hard

We get it, there can be a lot of expectations around the holidays. Come join us and let's talk about how we can get through the hard spots, celebrate the small things, and find a bit of space to breathe when we need it.

Communities: Burnaby/New Westminister

Cost: Free of Charge

Date: December 22, 2021 at 6:00pm

Registration Required:  
[familysmart.ca/events](https://familysmart.ca/events)

Events are facilitated by Parent Peer Support Workers.