

'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.

## Parenting When Anxiety Shows Up As Anger

Anxiety in our kids can show up as anger, and that can make parenting extra challenging. Discover some strategies that can help us before, during, and after these hard moments.

Learn from Karen Peters, Registered Clinical Counsellor.

Join us to watch a video presentation together and stay for a facilitated conversation by our Family Peer Support Workers.

Cost: Free of Charge

Date(s):

Thursday, April 3rd at 6:30pm (Most of BC)

Tuesday, April 8th at 6:30pm (Most of BC)

Wednesday, April 9th at 12:00pm (Most of BC)

Wednesday, April 16th at 6:30pm (Most of BC)

Tuesday, April 22nd at 6:30pm (Most of BC)

Registration required:

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

