

# 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.



### Now What? A beginning conversation to support families when our kids begin experimenting with substances.

Learning that our kids are using substances can be scary. Our fears about substance use can affect how we react. This is a beginning conversation to help parents self-reflect on how they show up to talk to their kids about their substance use. Learn with us while Victoria Keddis hosts a conversation with Douglas Hardie, Registered Clinical Counsellor and Program Coordinator of Island Health's Child, Youth and Family Mental Health and Substance Use Programs.

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

- **COST:** Free
- **DATES:**

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

- Tuesday, November 4, 6:30pm
- Thursday, November 13, 6:30pm
- Wednesday November 26, 6:30pm



Register online at  
[familysmart.ca/events](https://familysmart.ca/events)

