

'intheknow'

# Information and Support

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

**IN THE KNOW PROVIDES EXPERT SPEAKERS ON TOPICS IMPORTANT TO FAMILIES.  
CONNECT AND LEARN WITH OTHER FAMILIES FOR AN ONLINE DISCUSSION - JOIN BY  
COMPUTER OR PHONE.**

## **How to Manage Your Mental Health in Tight Quarters: A Conversation for Families**

Join us in a facilitated group discussion building upon the video with Liz Kay, RCC on how to manage stress and anxiety while living in closer proximity to each other. We will also explore how to create balance, meaning and connection during stressful times.

Registration Required

<https://itkjunesdwlangleymissionmrpm.eventbrite.ca>

Video: *A Conversation for Families*

Cost: Free of Charge

Date: June 15, 2020 5:00pm to 6:00pm

Discussion facilitated by FamilySmart Parent in Residence

Watch the video on your own time and come together with other families for a facilitated discussion.