

'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.**

## **CONNECTING WITH OUR KIDS WHEN ANXIETY LEADS TO SOCIAL ISOLATION.**

Parenting when our kid's anxiety leads to social isolation is hard for everyone. A parent and counsellor talk about what anxiety and social isolation are, what it can look like and feel like for our kids and at home, strategies families can try and how important it is to connect with our children before doing the hard work of trying new things.

Communities: *Mission*

Cost: *Free of Charge*

Date: *Thursday, November 12<sup>th</sup>, 4:30pm*

Discussion facilitated by FamilySmart Parent in Residence

Watch a video with us and come together with other families for a facilitated discussion.

Registration Required: [www.familysmart.ca/itk](http://www.familysmart.ca/itk)

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

