



'intheknow'

education + networking sessions

VICTORIA COMMUNITY SITE



Together-Centred[®] for Child & Youth Mental Health 'in the know' is a monthly networking and information sharing session that explores topics related to child and youth mental health and substance use challenges for families and those working with young people and families.

Participate in person at a community site near you or view a webinar from our library online anytime.

For more information and other topics go to www.familysmart.ca/in-the-know



'in the know' webinars and guest speaker presentations are free of charge.

all are welcome!

Saanich Neighbourhood Place, Pearkes Rec. Centre 3100 Tillicum Rd, Victoria

"Occupational Therapy Approaches to Anxiety for Everyone"

Special speaker; Sean Boulet BA (with distinction), MBR (OT)

Thursday, Oct. 19, 2017 7:00pm – 9:00pm

Please RSVP by phone or email to: lisa.tate@familysmart.ca / 1.855.887.8004

The Institute of Families for Child and Youth Mental Health is proud to be affiliated with HeretoHelp. HeretoHelp is a project of the BC Partners for Mental Health and Addictions Information, a group of non-profit agencies providing good-quality information to help individuals and families maintain or improve their mental well-being. The BC Partners are funded by BC Mental Health and Substance Use Services, an agency of the Provincial Health Services Authority.