

'intheknow'

education + networking sessions

VICTORIA COMMUNITY SITE



'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**