

# 'intheknow'

information + support

## Summer Survival Strategies for Parents

### Join us for a Video Presentation

When children who experiences mental health challenges are out of school parent's schedules are bound to get busier. This presentation offers coping strategy suggestions for parents, highlights ways to nurture relationships and the importance of spending one-on-one time with children, and the benefits to creating a summer support network.

### Topic Presenters:

**Don Lasell, Registered Clinical Counsellor, School Counsellor,**

**Tuesday June 18<sup>th</sup>, 2019**

**6:00pm – 7:30pm**

Lake Trail Middle School  
805 Willemar Ave  
Courtenay, BC

**FREE OF CHARGE**

Please RSVP by email [wendy.safruk@familysmart.ca](mailto:wendy.safruk@familysmart.ca)



'intheknow' provides expert speakers on topics important to families and/or to those working to support the mental health of children and youth.

Viewing is available:

Online at:

[www.familysmart.ca/in-the-know](http://www.familysmart.ca/in-the-know)

In person at community sites:

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

The in person viewing also provides an opportunity for supported conversations.