

‘intheknow’

information + support

“A Young Adult's Mental Wellness Journey”

Join us for a Live Presentation

In this presentation parents will gain a new perspective and understanding on how one youth overcame addiction while struggling with complex PTSD and Depression.

Topic Presenters:

EJ Weston, Stigma Free Society

Tuesday September 24th, 2019

6:30pm – 8:30pm

**Military Family Resource Centre
2610 Rosebank Rd
Victoria, BC**

FREE OF CHARGE

Please RSVP by email: lisa.tate@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

In person at community sites:

www.familysmart.ca/events/

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