

# ‘intheknow’

information + support

## “Excessive Gaming: Pathways Through for Families”

*Q&A with youth and parents who have been there*

### Join us for an In-Person Presentation

Managing the pull of gaming can be tough for many families that have youth with mental health challenges. Join us to hear from the perspectives of youth gamers, parents and counsellors on this issue. We will talk about ways to keep communication open in families and work together to keep life in balance for young gamers.

### Topic Presenter:

**Ly Nguyen Prevention & Community Engagement  
Provider, B.C. Responsible & Problem Gambling  
Program and**

**Adrienne Cossom, Counsellor, Problem Gambling  
Program, SHARE Family and Community Services**

**Wednesday, September 18<sup>th</sup>, 2019**

**6:30pm – 8:30pm**

**SHARE Family & Community Services,  
2615 Clarke St, Port Moody, BC V3H 1Z4**

**FREE OF CHARGE**

Please RSVP by email: [moira.hazlehurst@familysmart.ca](mailto:moira.hazlehurst@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.