

'intheknow'

Information and Support

For families and caring adults who
are parenting a child or youth with
mental health challenges.

**IN THE KNOW PROVIDES EXPERT SPEAKERS ON TOPICS IMPORTANT TO FAMILIES.
CONNECT AND LEARN WITH OTHER FAMILIES FOR AN ONLINE DISCUSSION
JOIN BY COMPUTER OR PHONE.**

Substance Use: Relationship Over Responsibility

Being a parent of a young person with substance use challenges is hard. What do I do? What can I say? How can I make them stop? These are all things that many parents ask themselves. This presentation is a facilitated discussion to help share some practical ways to move through the challenges.

Communities: [New Westminster & Burnaby](#)

Cost: [Free of Charge](#)

Date: [March 10, 2021 at 4:30pm](#)

Registration Required: www.familysmart.ca/events

Watch a video with us and come together with other families for a facilitated discussion by FamilySmart Parent in Residence.