

‘in**the**know’

Information and Support

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

Every month, we host events for families called ‘in the know’. We watch a video, or listen to a speaker, and share experiences and strategies that help in the hard moments. We help focus on strengthening our understanding and connection with our kids.

Beyond Behaviours: When Is It More? What It Looks Like at Ages 9 to 12

Why can it feel so tricky to tell if our kids are on track, going through a phase, as opposed to struggling with something more, or beyond behaviours? In this video conversation, a parent and counsellor talk about the developmental stages of 9 to 12 year old children.

Communities: Kelowna/Penticton/Vernon

Cost: Free of Charge

Date: October 20, 2021 at 6:30pm

Registration Required:

www.familysmart.ca/events

Events are facilitated by Parent Peer Support Workers.