

'intheknow'

Connect and Learn

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

EVERY MONTH, WE HOST EVENTS FOR FAMILIES CALLED 'IN THE KNOW'. WE WATCH A VIDEO AND SHARE EXPERIENCES AND STRATEGIES THAT HELP IN THE HARD MOMENTS. WE HELP FOCUS ON STRENGTHENING OUR UNDERSTANDING AND CONNECTION WITH OUR KIDS.

It's Never Too Late: Healing Parent-Child Relational Stress Using Emotion Focused Family Therapy (EFFT)

When we experience relationship challenges with our children, it can be stressful for all involved, leaving parents confused, frustrated, even walking on eggshells. Dr. Adele Lafrance provides techniques to support parents to heal relational ruptures with kids and teens using an emotion-focused approach.

Come together with other families to watch this one hour video presentation followed by a 30 minute facilitated discussion by a FamilySmart Parent Peer Support Worker.

Event Date(s):

Thursday, November 3 at 6:00pm (MST)

Monday, November 6 at 7:30pm (MST)

Tuesday, November 15 at 6:00pm (MST)

Wednesday, November 23 at 1:00pm (MST)

Tuesday, November 29 at 7:30pm (MST)

Registration required:

www.familysmart.ca/events

Cost: Free of Charge

