

'intheknow'

# Connect and Learn

## MONTHLY ONLINE EVENTS FOR PARENTS & CAREGIVERS WINTER 2025

Every month, we host events for parents & caregivers who are parenting a child or youth with a mental health and/or substance use challenge called "in the know."

Join us to watch a video and talk with other families about what helps. Online events are facilitated by FamilySmart Peer Support Workers.

### JANUARY

#### Understanding, Supporting and Connecting With Teens With Depression

Featuring: Karen Peters, Registered Clinical Counsellor

### FEBRUARY

#### For Families: A Conversation About Eating Disorders

Featuring: Carmen Kaufmann, Eating Disorders Therapist & Educator with Embody

#### ADHD - The Real Deal

Featuring: Dr. Don Duncan, Child and Adolescent Psychiatrist

### MARCH

#### Explosive Behaviour in Teens: Strategies to Empower Families

Featuring: Kirk Shields-Priddy, MSW/RSW with The START Team

