

'intheknow'

# 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 Ages 13+

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 children who are 13 years of age and older.

Communities: North & West Vancouver

Cost: Free of Charge

Date: November 16, 2021 at 4:30pm

Registration Required:

[familysmart.ca/events](https://familysmart.ca/events)

Events are facilitated by Parent Peer Support Workers.

[familysmart.ca](https://familysmart.ca)