

‘intheknow’

# Information and Support

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.**

## ADHD – The Real Deal

Join us in watching a video presentation by Dr. Duncan, who will dispel the many myths surrounding ADHD by presenting up to date scientific facts about cause, prevalence, diagnosis and treatment. He will explain how and why the ADHD brain works the way it does.

Come together with other families for a facilitated discussion by Parent Peer Support Workers.

Dates (BC Time):

March 10, 2022 at 6:30pm  
March 16, 2022 at 5:00pm  
March 24, 2022 at 12:00pm  
March 28, 2022 at 6:30pm  
March 29, 2022 at 5:00pm

Cost: Free of Charge

Registration Required: [www.familysmart.ca/events](http://www.familysmart.ca/events)