

‘intheknow’

information + support

“Self-Harm: Overwhelming Emotions and Coping Skills.”

Join us for a Video Presentation

Learning that your child is self-harming can be scary and overwhelming. Self-injury takes many forms and the reason why someone self-injures is complex. Hear from a young adult with lived experience and a Health Care Professional as they discuss what self-harm is, why youth self-injure, and other options for healthy coping strategies.

Topic Presenters:

Ciara, Young Adult with Lived Experience

Kim Leifso, Health Care Professional

Victoria Keddis, Manager, FamilySmart Practice

Michelle Horn, Program Manager, Kelty Mental Health Resource Centre

Tuesday March 10th, 2020

6:30pm – 8:30pm

Langley Civic Centre, Yorkson Meeting Room

20338 65th Ave

Langley, BC

FREE OF CHARGE

Please RSVP by email: michelle.goetz@familysmart.ca



‘intheknow’ provides expert speakers on topics important to families and/or to those working to support the mental health of children and youth.

Viewing is available:

Online at:

www.familysmart.ca/in-the-know

In person at community sites:

www.familysmart.ca/events/

The in person viewing also provides an opportunity for supported conversations.