



National Child & Youth Mental Health Day

CONNECT AND LEARN WITH US - Online Events for Parents & Caring Adults

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

With **Dr. Adele Lafrance**, clinical psychologist, author, scientist, and developer of emotion-focused treatment modalities, including Emotion-Focused Family Therapy

Time: 6:30pm - 7:30pm

MAY
2

Building Connection With Our Kids When It Feels Impossible

With **Diane Evans**, FamilySmart Parent Peer Support Worker, BC Children's Hospitals Kelty Mental Health Resource Centre.

Tammy Music, Family Smart Parent Peer Support Worker, Surrey Memorial Hospital, Child & Adolescent Psychiatric Stabilization Unit (CAPSU) and Short Term Assessment Response Treatment (START) Fraser North.

Time: 12pm - 1pm

MAY
3

The ABCs of Substance Use and Connecting With Our Kids

With **Cindy Andrew**, senior associate on the team leading The ABCs of Youth Substance Use, a BC government funded project focused on supporting schools

Angela Lawrence, educator and registered clinical counsellor

Art Steinmann, Senior Associate, Youth Substance Use Health Promotion, Buneaad Public Affairs.

Time: 6pm - 8pm

MAY
4

REGISTER AT: [FAMILYSMART.CA/EVENTS](https://familysmart.ca/events)