

# 'intheknow'

# Connect and Learn

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 as we listen to Dr. Don Duncan 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 to watch this one hour video presentation followed by a 30 minute facilitated discussion by a FamilySmart Parent Peer Support Worker.

Cost: Free of Charge

Date(s):

Tuesday, December 5, 2023, 6:30pm (PST)  
Wednesday, December 6, 2023, 6:00pm (PST)  
Thursday, December 7, 2023, 12:00pm (PST)  
Tuesday, December 12, 2023, 6:30pm (PST)  
Thursday, December 14, 2023, 6:00pm (PST)

