

'intheknow'

# Information and Support

For families and caring adults who  
are parenting a child or youth with  
mental health challenges.

**IN THE KNOW PROVIDES EXPERT SPEAKERS ON TOPICS IMPORTANT TO FAMILIES.  
CONNECT AND LEARN WITH OTHER FAMILIES FOR AN ONLINE DISCUSSION - JOIN BY  
COMPUTER OR PHONE.**

## **Parenting when Anxiety Shows Up as Anger.**

Join us as we answer questions families have asked about the relationship between anger and anxiety. We'll share experiences and strategies that can help in hard moments and focus on strengthening our relationship with our children and youth when those have passed.

Registration Required:

<https://attendee.gotowebinar.com/register/8649468058337778701>

Communities: Vancouver and Squamish

Cost: Free of Charge

Date: Monday, September 28, 5:30 PM – 7:00 PM

Connect and learn with other families for this online discussion. We will watch the video and talk about it together. Discussion facilitated by FamilySmart Parent in Residence