

'intheknow'

# Information and Support

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

Every month, we host events for families called 'in the know'. We watch a video, or listen to a speaker, and share experiences and strategies that help in the hard moments. We help focus on strengthening our understanding and connection with our kids.

## Beyond Behaviours: When Is It More? What It Looks Like at Ages 4 to 8

When our kids are having a hard time, or we are seeing something for the first time, we might wonder what's going on? In this video conversation, a parent and counsellor talk about the developmental stages of 4 to 8 year old children, what are typical behaviours, and how do we know when something more might be going on. This conversation is for all families and caregivers who feel like they are parenting in the deep end of the swimming pool or are just wondering what they can do when it feels like more.

Communities: Victoria/Sooke/Westshore

Cost: Free of Charge

Date: September 23, 2021 at 4:30pm

Registration Required:

<http://www.familysmart.ca/events>

Events are facilitated by Parent Peer Support Workers.