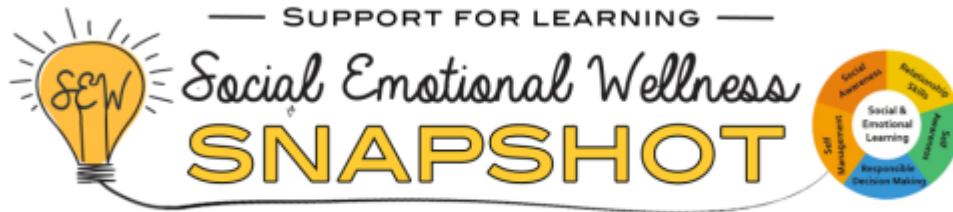




Oak Bay High School
This Week @ Oak Bay High
June 8 –June 12, 2020



[Summer Fun During COVID-19](#)




Topic: “How to Manage Your Mental Health in Tight Quarters: A Conversation for Families”

Speaker: Clinical Counsellor Liz Kay (MSW, RSW) and FamilySmart’s Victoria Keddiss

Date & Time: Wednesday, June 10th, 7 PM - 8 PM

THIS IS OUR PLAN:

1. RSVP - Please let us know you are coming! **Register here:** <https://itkjunevictoriacomoxsunshinecoast.eventbrite.ca>
We will send you a few of the questions for you to consider as you watch at home.

	<p>In the Know Online Discussion (June 2020) Tickets, Wed, 10 Jun 2020 at 7:00 PM Eventbrite</p> <p>itkjunevictoriacomoxsunshinecoast.eventbrite.ca</p> <p>Eventbrite - FamilySmart presents In the Know Online Discussion (June 2020) - Wednesday, 10 June 2020 - Find event and ticket information.</p>
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2. WATCH the video prior to our meeting - Prior to our ‘in the know’ discussion, please watch the video. When we meet together online we will watch a 2-minute clip but not the entire video. So you will want to watch the video before the meeting. We can’t wait to talk with you about what stood out to you!

To watch the video, click here: [How to Manage Your Mental Health in Tight Quarters: A Conversation for Families](#)

3. CONNECT and LEARN - Join our online discussion to connect and learn with other families. We will talk about what we thought and heard when watching this month’s ‘in the know’ video. We will use GoToMeeting for our conversation.

Don’t worry if you haven’t used GoToMeeting before, we’re here to help! Once you have registered, we will send you a few more details about how to join the online **discussion** by computer (webcam) or phone, 24 hours prior to the start of the event.

4. ONE-ON-ONE- If this time/date doesn’t work for you OR you would really like to talk

One-on-one with a Parent in Residence, we are happy to meet with you at a time that works for your schedule. Please just let us know.

We hope you can join us, let us know if you have any questions. Please know we are here and available to meet with you by phone or video chat. You and your family are important to us.

Thank you,

Lisa

'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.

How to Manage Your Mental Health in Tight Quarters: A Conversation for Families

Join us in a facilitated group discussion building upon the video
with Liz Kay, RCC on how to manage stress and anxiety while
living in closer proximity to each other. We will also explore how
to create balance, meaning and connection during stressful times.

Registration Required

<https://itkjunevictoriacomoxsunshinecoast.eventbrite.ca>

Video: A Conversation for Families

Cost: Free of Charge

Date: June 10, 2020 7:00pm to 8:00pm

Discussion facilitated by FamilySmart Parent in
Residence

Watch the video on your own time and come
together with other families for a facilitated
discussion.



FamilySmart
Together Centres®



here to help
Mental health and substance use
support services

familysmart.ca