

# 'intheknow'

education + networking sessions

## VICTORIA COMMUNITY SITE



'in the know' is a monthly networking and information sharing session that explores topics related to child and youth mental health and substance use challenges for families and those working with young people and families.

Participate in person at a community site near you or view a webinar from our library online anytime.

For more information and other topics go to  
[www.familysmart.ca/in-the-know](http://www.familysmart.ca/in-the-know)

**Foundry Victoria**  
**818 Douglas Rd**  
**Victoria, BC**



## “Addressing Anxiety in Teens & Young Adults”

*Guest Speaker: Amy Schactman, Clinical Coordinator and Lorna Mace, Social Worker at Foundry Victoria*

*Focus: Parents/Caregivers of Youth aged 12-24 yrs*

**Tuesday June 19<sup>th</sup>, 2018**

**6:30pm – 8:30pm**

'in the know' webinars and  
guest speaker presentations  
are free of charge.

all are welcome!

**Please RSVP by phone or email to:**  
**[lisa.tate@familysmart.ca](mailto:lisa.tate@familysmart.ca) / 1.855.887.8004**