

# 'in the know'



'in the know' is a monthly networking and information sharing session that will provide a topic expert on what parent/caregivers really want to know. This will offer an opportunity to share so that everyone is 'in the know'.

Sessions will be provided via media site viewing through home internet and group media-site viewing in participating communities.

**All Welcome!**

## **NEW! All Welcome** **Summer Survival Strategies for Parents**

**Don Lasell, B.A., B.Ed., M.A. Registered Clinical Counsellor**

Don has extensive experience having worked as a Child & Youth Care Counsellor with families who have children with special needs; as well as having been a teacher who has taught in an integrated classroom setting. Don is a member of the British Columbia Association of Clinical Counsellors and is currently working in private practice. Most importantly, Don is married to Tanya with whom he is the parent of six children, two of which are diagnosed with Autism Spectrum Disorder.

**Date: Wednesday, May 11, 2011 - Time: 7pm – 8pm**

**NEW!!!**

**2 options for participating: Visit <http://www.forcesociety.com> for information on:**

- 1. Where you can attend a group viewing in your Community or**
- 2. Individual viewing through home internet (please note you must RSVP for the home internet access by 3pm day of 'in the know' to [forceintheknow@gmail.com](mailto:forceintheknow@gmail.com))**

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Presented by: The F.O.R.C.E. Society for Kids' Mental Health; a member of the BC Partners for Mental Health and Addictions Information. We're working together to help individuals and families better manage mental health and substance use problems.

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In collaboration with the Kelty Mental Health Resource Centre