

'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 conference-calling, media site and some in person video-conferencing in participating communities.

B.C.
**FRIENDS for Life
Parent Program**

Launch of **online** FRIENDS Parent Program

Keli Anderson & Jeannie Rohr

The BC FRIENDS Parent Program is complimentary to the FRIENDS Program being taught in schools throughout BC. It teaches parents about the program and ways to reinforce the FRIENDS skills at home. FRIENDS is proven effective as both a universal resiliency building as well as a targeted early intervention anxiety reduction program for children.

Date: Wednesday, April 13, 2011

Time: 7pm – 8pm

3 options for participating: To register for any option, email forceintheknow@gmail.com

- 1. Community Group Viewing (mail: forceintheknow@gmail.com for community listings)**
- 2. Individual viewing through home internet – for parents & caregivers**
- 3. Onsite at BC Children's Hospital – Mental Health Building**

For more information visit our website at <http://www.forcesociety.com>

('in the know' recorded sessions will be available to professionals and others who could not participate, via a link on the FORCE website after the session)

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.

Funding provided by the BC Mental Health and Addiction Services, an agency of the Provincial Health Services Authority and by the BC Ministry of Children & Family Development

In collaboration with the Kelty Mental Health Resource Centre