

'in the know'



'in the know' is a monthly networking and information sharing session that provides a topic expert on what parent/caregivers really want to know.

This is an opportunity to share so that everyone is 'in the know'.

Sessions are provided as a webinar through home internet and group webinar viewings are available in participating communities.

See website for locations

All Welcome!

SURREY/WHITE ROCK COMMUNITY VIEWING SITE; PARENT INFORMATION & NETWORKING SESSION

MCFD Building- Boardroom, 15455 Vine Avenue, White Rock – free parking underneath

[Click here for map](#)

“Sleep4MentalWellness”

presented by Dr. Osman Ipsiroglu MD (FRCPC), PhD, MBA, MAS, Clinical Associate Professor, UBC and Parent Kirsten Graham

In this session, we will discuss the link between poor sleep and almost all mental health disorders, including ADHD, anxiety and depression. Up to 80% of children and adolescents with neurodevelopmental disabilities/disorders suffer from sleep problems

Date: Wednesday, June 4, 2014 - Time: 6:45pm – 8:30pm

6:45 doors open, 7:00 – 8:30pm Special speaker/webinar; Sharing, discussion & networking

For more information and upcoming topics go to www.forcesociety.com

Seating is limited, please rsvp by email victoria@forcesociety.com or phone 604.878.3400

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