



# National Child & Youth Mental Health Day

## When Our Children Hurt Inside:

### **NURTURING AWARENESS AND THE POWER OF RELATIONSHIPS**

Younger children can experience emotional pain that they don't yet have the words to describe. Sometimes this shows up as statements about not wanting to be here or behaviours that look like self-harm. This gentle, supportive session may help parents and caregivers understand why these moments happen, what they may mean, and how to respond with calm connection. Together we'll explore how small moments of being seen, heard, and supported can make a big difference in a child's safety and well-being.

**THURSDAY MAY 7, 2026 | 6:30 PM - 8 PM (PST)**



### Meet the Speaker

**Join Katie DeReus a Registered Clinical Counsellor with over 20 years of experience as a teacher and Elementary School Counsellor. As both a professional and a parent, Katie brings a depth of insight to the challenges and well-being of young children.**

For more information and to register for this free event, visit [familysmart.ca/may-7th/](https://familysmart.ca/may-7th/)

**Register for FREE**