Connect & Learn

ONLINE EVENTS FOR PARENTS AND CAREGIVERS

Every month, we host events for parents and caregivers of a child or youth with a mental health and/ or substance use challenge.

Join us to watch a video and share experiences and strategies that help in the hard moments, focusing on strengthening our understanding and connection with our kids.

FamilySmart
Together-Centred

PARENTING WHEN ANXIETY SHOWS UP AS ANGER

Anxiety in our kids shows up as anger, and that can make parenting extra challenging. Learn from Karen Peters, Registered Clinical Counsellor, to discover some strategies that can help us before, during, and after these hard moments.

Join us and other families for this video presentation and discussion that's facilitated by a FamilySmart Parent Peer Support Worker.

DATES & TIMES:

Wednesday, December 2 at 6:30pm
Tuesday, December 8 at 6:30pm
Thursday. December 10 at 12:00pm
Tuesday, December 15 at 6:30pm
Thursday. December 17 at 6:30pm

***All times are in Pacific Time**

REGISTER ONLINE AT:

familysmart.ca/events

FREE EVENT

BRITISH COLUMBIA
Ministry of Children and Family Development

heretohelp
EDUCATION EVENTS