

CONNECT & LEARN WITH US!



Spring Dates & Topics in Richmond

Our events include a video presentation followed by a facilitated discussion with the Family Peer Support Workers in Richmond:

Tuesday, April 8 – Beyond Behaviours: When Is It More? What It Looks Like at Ages 4 - 8

Tuesday, April 22 – Emotion Regulation: Helping Our Kids Cope With Their Big Emotion

Tuesday, May 13 – Parenting When Anxiety Shows Up As Anger

Tuesday, May 27 – ADHD - The Real Deal

Tuesday, June 10 – A Conversation for Families About Digital Wellbeing and Mental Health

Tuesday, June 24 – Working Together: Families and Schools

In Person Community Events for Parents & Caregivers

Location: Brighthouse Library, 100-7700 Minoru Gate, Richmond

Time: 10:00 AM - 11:30 AM

Cost: Free

Register at: familysmart.ca/events

Questions? Email sandy.chen@familysmart.ca
or phone: 604-607-9572