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

CONNECTING WITH OUR KIDS WHEN ANXIETY LEADS TO SOCIAL ISOLATION

When kids spend a lot of time alone because of their anxiety, it can be frustrating and challenging for parents. Join us as Christine M. Yu, M.A., Registered Clinical Counsellor, and a parent talk about the hard stuff. Learn some strategies that can help us connect with our kids when they are socially isolated.

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

DATE & TIME:
Tuesday, September 22 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