## FOR RICHMOND FAMILIES Connect & Learn

## IN PERSON EVENTS FOR PARENTS & CAREGIVERS IN RICHMOND

## **FEBRUARY**

A Conversation for Families about Digital Well Being and Mental Health

Speaker: Dr. Kristy Goodwin

Tuesday, February 13th 9am - 10am McNeely Elementary School Library -12440 Woodhead Rd

Tuesday, February 20th 9am - 10am Grauer Elementary School Library -4440 Blundell Rd

## **MARCH**

Beyond Behaviours: When Is It More? What it Looks Like Ages 9 - 12 years Speaker: Karen Peters, RCC

Tuesday, March 5th 9am - 10am McNeely Elementary School Library -12440 Woodhead Rd

Tuesday, March 12th 9am - 10am Grauer Elementary School Library -4440 Blundell Rd

Join us to watch a video with an expert speaker and to talk with other families about what helps. Hosted by Family Peer Support Workers.

Registration Required: familysmart.ca/events Questions?: richmond@familysmart.ca / 604-607-9570



