

# In Person events for parents and caregivers.



## Connect & Learn

### In Person Events for Parents and Caregivers in Richmond

Every month, we host free events for parents and caregivers at Richmond Public Library, Brighouse Branch. Join us and other families for a video presentation and discussion facilitated by a Family Peer Support Worker.

#### January

- Understanding, Supporting and Connecting with Teens with Depression
- Emotion Regulation
- Beyond Behaviours: When is it more? What it looks like at ages 4 to 8 years.

#### February

- Building Connection with our kids when it feels impossible.
- ADHD - The Real Deal
- Parenting When Anxiety Shows Up As Anger

Free. Registration Required at [familysmart.ca/events](http://familysmart.ca/events)