



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, Brighthouse 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



Integrated
Child & Youth
Teams



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