

# Connect & Learn

## Online Events for Parents & 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.



### Emotion Regulation Part 2: Deepening Our Understanding

Our kids' big emotions don't always make sense. As parents, we might even feel like we're walking on egg shells because we're scared of another big emotional outburst. Watch our second video conversation with Nicole Allen, Registered Clinical Counsellor, to deepen your understanding about your kids' emotion regulation. Nicole helps us understand why some kids cope easier than others, how to determine what our child needs during those hard moments, and shares some strategies that can help.

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

- **COST:** Free
- **DATES:**

Times are in Pacific Time (most of B.C.)

- Tuesday, April 7, 6:30pm
- Tuesday, April 21, 12:00pm
- Wednesday, April 29, 6:30pm



Register online at  
[familysmart.ca/events](https://familysmart.ca/events)

