

CONNECT & LEARN WITH US!



Morning Connect Drop-In for Parents & Caregivers at Hatzic Elementary

Start your morning connecting with other families, bring your coffee and join us! We will learn about a different topic each week related to parenting and mental health, watch a short video and talk as families. We will have a conversation about what helps in the hard moments and focus on strengthening our understanding and connection with our kids.

Location: Hatzic Elementary

Date: Tuesdays

Time: 8:30am – 10:00am

Jan 7 – Beyond Behaviours

Jan 14 – Parenting When Anxiety Shows Up As Anger

Jan 21 - ADHD

Jan 28 - Emotion Regulation

Feb 04 – Survival Care For The Caregiver

Feb 11 – Digital Well Being

Feb 18 – Supporting Kids to Have a Positive
Relationship with Food.

Feb 25 – Collaborative & ProActive Solutions: 1

Mar 04 – Collaborative & ProActive Solutions: 2&3

Mar 11 –Phile Degagne, Prevention & Health Promotion_for
Fraser House Society

Cost: Free

Questions? Email: monica.thimer@familysmart.ca
or Phone/Text: 604-607-9557