

# CONNECT & LEARN WITH US!



## Morning Connect Drop-In for Parents & Caregivers at Silverdale 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:** Silverdale Elementary

**Date:** Wednesdays

**Time:** 8:30am – 10:00am

Jan 8 – Beyond Behaviours

Jan 15 – Parenting When Anxiety Shows Up As Anger

Jan 22 - ADHD

Jan 29 - Emotion Regulation

Feb 05 – Survival Care For The Caregiver

Feb 12 – Supporting Kids to have a Positive  
Relationship with Food.

Feb 19 – Digital Well Being

Feb 26 – Collaborative & ProActive Solutions: 1

Mar 05 – Collaborative & ProActive Solutions: 2&3

Mar 12 –Phile Degagne, Prevention & Health Promotion\_for  
Fraser House Society

**Cost:** Free

**Questions?** Email: [monica.thimer@familysmart.ca](mailto:monica.thimer@familysmart.ca)  
or Phone/Text: 604-607-9557