

# CONNECT & LEARN WITH US!



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

**Date:** Thursdays

**Time:** 8:30am – 10:00am

Apr 17 – Survival Care for the Caregiver with  
Bernadette Theissen

Apr 24 – Beyond Behaviours

May 1- Parenting When Anxiety Shows Up as Anger

May 8 -ADHD

May 15– Emotion Regulation

May 22 -Phil Degagne from Fraser House

May 29– Digital Well Being

June 5-Collaborative and Proactive Solutions 1

June 12–Collaborative and Proactive Solutions 2&3

**Cost:** Free

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