

# CONNECT & LEARN WITH US!



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

**Date:** Tuesdays

**Time:** 8:30am – 10:00am

Apr 15 – Survival Care for the Caregiver with  
Bernadette Theissen

Apr 22 – Beyond Behaviours

Apr 29- Parenting When Anxiety Shows Up as Anger

May 6 -ADHD

May 13 – Emotion Regulation

May 20 -Phil Degagne from Fraser House

May 27 – Digital Well Being

June 3-Collaborative and Proactive Solutions 1

June 10–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