

CONNECT & LEARN WITH US!



Morning Connect Drop-In for Parents & Caregivers at Windebank 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: Windebank Elementary

Date: Wednesdays

Time: 8:30am – 10:00am

Apr 16 – Survival Care for the Caregiver with
Bernadette Theissen

Apr 23 – Beyond Behaviours

Apr 30- Parenting When Anxiety Shows Up as Anger

May 7 -ADHD

May 14 – Emotion Regulation

May 21 -Phil Degagne from Fraser House

May 28– Digital Well Being

June 4-Collaborative and Proactive Solutions 1

June 11–Collaborative and Proactive Solutions 2&3

Cost: Free

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