

CONNECT &
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In Person Community Events for Parents & Caregivers

Location: MacNeill Secondary,
6611 No 4 Rd, Richmond

Date: Tuesday, December 10, 2024

Time: 6:30 – 8:00 PM

A Conversation for Families About Digital Wellbeing and Mental Health

How much time should our kids spend on technology? How can we set boundaries that don't create conflict? Learn some practical solutions to our everyday concerns and challenges around our kids' use of screens and their mental health.

Join us as we learn from Dr. Kristy Goodwin, Digital Wellbeing and Productivity Researcher, Speaker, Author and Consultant.

This video presentation will be followed by a facilitated discussion by the Family Peer Support Workers in Richmond.

Cost: Free

Register at: familysmart.ca/events

Questions?

Email: sandie.rai@familysmart.ca or phone/text:
604-607-9570