

CONNECT &
LEARN WITH
US!



In Person Community Events for Parents & Caregivers

Location: MacNeill Secondary School
(library), 6611 No 4 Rd, Richmond

Date: Thursday, February 13, 2025

Time: 6:30 – 8:00 PM



FamilySmart



Parenting When Anxiety Shows Up as Anger

When our kids' anxiety shows up as anger, parenting can be extra hard. Learn about anxiety and anger from Karen Peters, MA, Registered Clinical Counsellor. Karen shares some strategies that can help us before, during and after these hard moments.

Come together with other families to watch this video presentation followed by a discussion facilitated 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

familysmart.ca