

Community Events

Connect & Learn | for Parents & Caregivers

A Conversation for Families About Digital Wellbeing and Mental Health

As parents, we struggle with balancing our children's time spent in the digital world and what we consider the real world. It's not easy to know how much time spent on technology is too much, and how to set boundaries that don't create conflict. Learn from Dr. Kristy Goodwin, Digital Wellbeing and productivity researcher, speaker, author and consultant.



Details

This video presentation will be followed by a facilitated discussion by a Family Peer Support Worker in the Comox Valley.

LOCATION:

Mark Isfeld Secondary (multipurpose room)
1551 Lerwick Rd, Courtenay

The entrance is to the left of the main office doors.

DATE: Wednesday, January 21, 2026

TIME: 6:30 - 8:00 PM

COST: Free

This event is for parents/caregivers only, and we are not able to provide childcare.

Questions?

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PHONE/TEXT: (250) 890-2393

For more information and to register, go to familysmart.ca/events



Register online at
familysmart.ca/events

