

CONNECT & LEARN WITH US!



Coffee & Connection

Are you a parent or caregiver interested in connecting with other parents about child/youth mental health topics?

Join FamilySmart's Family Peer Support Workers Carolyn and Megan for snacks, coffee and connection. These events are for parents/caregivers only. FamilySmart does not provide childcare, but you can arrange childcare directly with the Lewis Centre.

Cost: Free

Register: familysmart.ca/events/

Drop-ins are also welcome.

January/February Dates & Topics

Thursday, January 23 - Parenting Kids 9-12
When Their Mental Health Makes It Harder

Thursday, February 6 - Parenting Teens When
Their Mental Health Makes It Harder

Thursday, February 13 – Say Don't Say: the
language we use to talk with our kids about
mental health

Thursday, February 27 - Self Care and
Mindfulness When Parenting

Time: 9:30 – 10:30 AM all events

Location: Lewis Centre, Craft Room A,
489 Old Island Hwy, Courtenay

Questions?

Email megan.watson@familysmart.ca
or phone (250) 890-2393.