

# CONNECT & LEARN WITH US!



## Morning Connect Drop-In for Parents & Caregivers at Cherry Hill 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:** Cherry Hill Elementary

**Date:** Thursdays

**Time:** 8:30am – 10:00am

Jan 9 – Beyond Behaviours

Jan 16 – Parenting When Anxiety Shows Up As Anger

Jan 23 - ADHD

Jan 30 - Emotion Regulation

Feb 06 – Survival Care for the Caregiver

Feb 13 – Digital Well Being

Feb 20 – Supporting Kids to Have a Positive  
Relationship with food.

Feb 27 – Collaborative & ProActive Solutions: 1

Mar 06 – Collaborative & ProActive Solutions: 2&3

Mar 13 –Phil Degagne, Prevention & Health Promotion\_for  
Fraser House Society

**Cost:** Free

**Questions?** Email: [monica.thimer@familysmart.ca](mailto:monica.thimer@familysmart.ca)  
or Phone/Text: 604-607-9557