

Obsessive Compulsive Disorder: It's More Than Overwashing Your Hands

October 15 @ 6:30 pm - 8:00 pm PDT

Register at: <https://familysmart.ca/event/obsessive-compulsive-disorder-its-more-than-overwashing-your-hands-6/>



Living with OCD can present unique challenges that affect both our kids and us as families. For those living with it, simple tasks become overwhelming and disrupt daily life. Learn from Dr. Katherine McKenney, R. Psychologist and Director, Cornerstone Child & Family Psychology Clinic; and Kelsey, a young adult who lives with OCD. Together they discuss ways to strengthen our understanding and to support our kids living with OCD.

Join us and other families for this video presentation and discussion that's facilitated by a FamilySmart Family Peer Support Worker.

6:30pm-8:00pm Pacific Time (most of British Columbia)

These events are funded for parents and caregivers living in the Province of British Columbia and for CASA families in Alberta. If you are from another province or territory, or live outside of Canada, we welcome you to visit our video library at www.familysmart.ca/videos and use our resources. Thank you.

ADHD—The Real Deal

October 21 @ 10:00 am - 11:30 am PDT

Register at: <https://familysmart.ca/event/adhd-the-real-deal-25/>



ADHD doesn't just affect the person living with ADHD—it also affects those around them. As parents of kids living with ADHD, we can benefit from learning what ADHD is and how to support our kids. Learn from Dr. Duncan, Child and Adolescent Psychiatrist, as he dispels some myths and explains how and why the ADHD brain works the way it does.

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

We will be hosting this in-person event at **Richmond Public Library 100-7700 Minoru Gate Richmond.**

This is an informal opportunity to connect and learn with other families.

The event is free. Please register as the library is generously offering us space, and we want to make sure we are ready to welcome you.

Doors will open at 9:45 am and the video presentation will begin at 10:00 am.
Questions? Email Sandy Chen sandy.chen@familysmart.ca or phone/text (604) 607-9572

With gratitude, FamilySmart would like to acknowledge that this event is being offered by the Integrated Child & Youth Team in Richmond

Obsessive Compulsive Disorder: It's More Than Overwashing Your Hands

October 23 @ 6:30 pm - 8:00 pm PDT

Register at: <https://familysmart.ca/event/obsessive-compulsive-disorder-its-more-than-overwashing-your-hands-7/>



Living with OCD can present unique challenges that affect both our kids and us as families. For those living with it, simple tasks become overwhelming and disrupt daily life. Learn from Dr. Katherine McKenney, R. Psychologist and Director, Cornerstone Child & Family Psychology Clinic; and Kelsey, a young adult who lives with OCD. Together they discuss ways to strengthen our understanding and to support our kids living with OCD.

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6:30pm-8:00pm Pacific Time (most of British Columbia)

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ADHD – The Real Deal

October 28 @ 6:30 pm - 8:00 pm PDT

Register at: <https://familysmart.ca/event/adhd-the-real-deal-24/>



ADHD doesn't just affect the person living with ADHD. It also affects those around them. As parents of kids living with ADHD, we can benefit from learning what ADHD is and how to support our kids. Learn from Dr. Duncan, Child and Adolescent Psychiatrist, as he dispels some myths and explains how and why the ADHD brain works the way it does.

Join us and other families for this video presentation and discussion that's facilitated by a FamilySmart Family Peer Support Worker.

6:30pm-8:00pm Pacific Time (most of British Columbia)

7:30pm-9:00pm Mountain Time (Alberta)

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Emotion Regulation

November 4 @ 10:00 am - 11:30 am PST

Register at: <https://familysmart.ca/event/emotion-regulation-17/>



When kids frequently have big emotions, parenting can be overwhelming and tiring. Discover some strategies and skills that can make it easier for your kids and you, and the critical role that parents and caregivers play to create positive change for young people. Learn about emotion regulation and dysregulation from Nicole Allen, Registered Clinical Counsellor.

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

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Now What? A beginning conversation to support families when our kids begin experimenting with substances

November 4 @ 6:30 pm - 8:00 pm PST

Register at: <https://familysmart.ca/event/now-what-a-beginning-conversation-to-support-families-when-our-kids-begin-experimenting-with-substances-2/>



Learning that our kids are using substances can be scary. Our fears about substance use can affect how we react. Learn with us while Victoria Keddis hosts a conversation with Douglas Hardie, Registered Clinical Counsellor and Program Coordinator of Island Health's Child, Youth and Family Mental Health and Substance Use Programs. This is a beginning conversation to help parents self-reflect on how they show up to talk to their kids about their substance use.

Join us and other families for this video presentation and discussion that's facilitated by a FamilySmart Family Peer Support Worker.

6:30pm-8:00pm Pacific Time (most of British Columbia)

These events are funded for parents and caregivers living in the Province of British Columbia and for CASA families in Alberta. If you are from another province or territory, or live outside of Canada, we welcome you to visit our video library at www.familysmart.ca/videos and use our resources. Thank you.

Now What? A beginning conversation to support families when our kids begin experimenting with substances

November 5 @ 7:00 pm - 8:30 pm PST

Register at: <https://familysmart.ca/event/now-what-a-beginning-conversation-to-support-families-when-our-kids-begin-experimenting-with-substances-5/>



Learning that our kids are using substances can be scary. Our fears about substance use can affect how we react. This is a beginning conversation to help parents self-reflect on how they show up to talk to their kids about their substance use. Learn with us while Victoria Keddiss hosts a conversation with Douglas Hardie, Registered Clinical Counsellor and Program Coordinator of Island Health's Child, Youth and Family Mental Health and Substance Use Programs.

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

We will be hosting this in-person event at **Richmond Public Library 100-7700 Minoru Gate Richmond.**

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Doors will open at 6:45 pm and the video presentation will begin at 7:00 pm.

Questions? Email Sandy Chen sandy.chen@familysmart.ca or phone/text (604) 607-9572

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Substance Use and the Power of Support

November 6 @ 12:00 pm - 1:30 pm PST

Register at: <https://familysmart.ca/event/substance-use-and-the-power-of-support-2/>



Connection and relationship can make a difference in substance use and addiction. Guy Felicella, a renowned advocate and international speaker who has overcome a two-decade substance use disorder, passionately promotes harm reduction, trauma therapy, and faster access to treatment using his story of resilience and recovery. Learn how we can show care not just for our kids, but for the broader community impacted by substance use disorder.

Join us and other families for this video presentation and discussion that's facilitated by a FamilySmart Family Peer Support Worker.

12:00pm-1:30 pm Pacific Time (most of British Columbia)

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Now What? A beginning conversation to support families when our kids begin experimenting with substances

November 13 @ 6:30 pm - 8:00 pm PST

Register at: <https://familysmart.ca/event/now-what-a-beginning-conversation-to-support-families-when-our-kids-begin-experimenting-with-substances-3/>



Learning that our kids are using substances can be scary. Our fears about substance use can affect how we react. Learn with us while Victoria Keddis hosts a conversation with Douglas Hardie, Registered Clinical Counsellor and Program Coordinator of Island Health's Child, Youth and Family Mental Health and Substance Use Programs. This is a beginning conversation to help parents self-reflect on how they show up to talk to their kids about their substance use.

Join us and other families for this video presentation and discussion that's facilitated by a FamilySmart Family Peer Support Worker.

6:30pm-8:00pm Pacific Time (most of British Columbia)

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Connecting with Our Kids When Anxiety Leads to Social Isolation

November 18 @ 10:00 am - 11:30 am PST

Register at: <https://familysmart.ca/event/connecting-with-our-kids-when-anxiety-leads-to-social-isolation-5/>



When kids spend a lot of time alone because of their anxiety, it can be frustrating and challenging for parents. Join us as Christine M. Yu, M.A., Registered Clinical Counsellor, and a parent talk about the hard stuff. Learn some strategies that can help us connect with our kids when they are socially isolated.

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

We will be hosting this in-person event at **Richmond Public Library 100-7700 Minoru Gate Richmond.**

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Substance Use and the Power of Support

November 18 @ 6:30 pm - 8:00 pm PST

Register at: <https://familysmart.ca/event/substance-use-and-the-power-of-support-3/>



Connection and relationship can make a difference in substance use and addiction. Guy Felicella, a renowned advocate and international speaker who has overcome a two-decade substance use disorder, passionately promotes harm reduction, trauma

therapy, and faster access to treatment using his story of resilience and recovery. Learn how we can show care not just for our kids, but for the broader community impacted by substance use disorder.

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Now What? A beginning conversation to support families when our kids begin experimenting with substances

November 26 @ 6:30 pm - 8:00 pm PST

Register at: <https://familysmart.ca/event/now-what-a-beginning-conversation-to-support-families-when-our-kids-begin-experimenting-with-substances-4/>



Learning that our kids are using substances can be scary. Our fears about substance use can affect how we react. Learn with us while Victoria Keddis hosts a conversation with Douglas Hardie, Registered Clinical Counsellor and Program Coordinator of Island Health's Child, Youth and Family Mental Health and Substance Use Programs. This is a beginning conversation to help parents self-reflect on how they show up to talk to their kids about their substance use.

Join us and other families for this video presentation and discussion that's facilitated by a FamilySmart Family Peer Support Worker.

6:30pm-8:00pm Pacific Time (most of British Columbia)

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A Conversation for Families About Digital Wellbeing and Mental Health

December 2 @ 10:00 am - 11:30 am PST

Register at: <https://familysmart.ca/event/a-conversation-for-families-about-digital-wellbeing-and-mental-health-16/>



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.

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

We will be hosting this in-person event at **Richmond Public Library 100-7700 Minoru Gate Richmond.**

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Doors will open at 9:45 am and the video presentation will begin at 10:00 am.

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