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## In Person Community Events for Parents & Caregivers

**Location:** McMath Secondary School (Rotunda room) 4251 Garry St, Richmond, B.C.

**Date:** Thursday, November 7, 2024

**Time:** 6:30 – 8:00 PM

### Emotion Regulation

When kids frequently have big emotions, parenting can be overwhelming and tiring. As parents, we play an important role in helping our kids manage their big emotions. Discover some strategies and skills to make it easier for your kids and you.

Join us to learn about emotion regulation and dysregulation from Nicole Allen, Registered Clinical Counsellor.

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

**Cost:** Free

**Register at:** [familysmart.ca/events](https://familysmart.ca/events)

**Questions?**

Email: [sandie.raai@familysmart.ca](mailto:sandie.raai@familysmart.ca)

or Phone/Text: 604-607-9570