

# Connect & Learn

## Online Events for Parents & Caregivers

Every month, we host events for parents and caregivers of a child or youth with a mental health and/or substance use challenge.

Join us to watch a video and share experiences and strategies that help in the hard moments, focusing on strengthening our understanding and connection with our kids.



### 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.

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

- **COST:** Free
- **DATES:**

Times are in Pacific Time (most of B.C.)

- Tuesday, May 19, 6:30pm
- Thursday, May 21, 6:30pm
- Wednesday, May 27, 6:30pm



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

