

‘intheknow’

information + support

“When Big Feelings Make Life Hard: Supporting kids towards Emotional Health”

Join us for an In-Person Presentation

Sometimes big feelings, including anger and anxiety, can become overwhelming for children who experience them frequently. This kind of experience ongoing can be disruptive and unsettling. We will explore where these feelings come from, and what parents can do to support children towards emotional self-regulation and resiliency. This session will include a Q&A.

Topic Presenters:

Dr. Vanessa Lapointe, R. Psych

Tuesday May 7th, 2019

6:00 pm Check in 6:30-8:30 – Presentation

Peace Portal Alliance Church
15128 27B Ave, Surrey BC
Rm: L 02

FREE OF CHARGE

Please RSVP via Eventbrite: [May 7th - Vanessa LaPointe](#)



‘intheknow’ provides expert speakers on topics important to families and/or to those working to support the mental health of children and youth.

Viewing is available:

Online at:

www.familysmart.ca/in-the-know

In person at community sites:

www.familysmart.ca/events/

The in person viewing also provides an opportunity for supported conversations.