

# COME & LEARN WITH US!



## FamilySmart Online Event for Parents and Caregivers

**Date:** Wednesday, February 12, 2025

**Time:** 6:30pm - 8:00pm Pacific Time

**Location:** On Zoom (online)

**Cost:** Free

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

*With gratitude, FamilySmart would like to acknowledge the generosity of the Ministry of Children and Family Development for sponsoring this event.*

## Deepening our Understanding of Emotion Regulation — Supporting our Young People with their Big Emotions.

Have you ever found yourself looking at your child's emotional outburst and thinking, "What the heck is happening?" or "What on earth are they so upset about — it's not that big a deal?" If so, you are certainly not alone!

Join FamilySmart and Nicole Allen live online for an evening filled with information about what can lead to big emotions and some concrete strategies for responding skillfully to those situations.

**Nicole Allen** is a Registered Clinical Counsellor, mom, wife and dog lover who, over the past decade, has worked with young people and their caregivers to build relationships and emotion regulation strategies especially in times of mental health crisis. Nicole has private practices in Abbotsford and Fort Langley.