

# COME & LEARN WITH US!



## FamilySmart Event for Parents and Caregivers

**DATE:** Tuesday, April 4

**TIME:** 6:30pm - 8:30pm

**LOCATION:** BCIT - Burnaby Campus

**COST:** Free

**REGISTER AT:** [familysmart.ca/Events](https://familysmart.ca/Events)

*With gratitude, FamilySmart would like to acknowledge the work and contribution of Fraser Health's START East Program. As well as, the generosity of the Ministry for Child & Family Development for sponsoring this event.*

### CAREGIVERS AS CRITICAL AGENTS OF CHANGE: Strategies to Keep in Mind When Your Young Person Struggles with Emotional Dysregulation

This presentation will focus on supporting parents and caregivers with information and strategies to cope with emotion dysregulation and the challenges which many young people (ages 10-18) begin to experience as they enter and move through the adolescent years, it can be overwhelming and frustrating to watch young ones struggle this way with mental health concerns, especially when they refuse to engage in accessing counseling or other support. We will be exploring the critical role which parents and caregivers play in creating the environment for positive change for their young people especially when things can be the most challenging.

**Speaker:** Nicole Allen is a Registered Clinical Counsellor working as a Group and Family Therapist at START East. She has a background working with adults as well as young people and their caregivers where elements of crisis or acute mental health issues are present. Drawing from a range of therapeutic perspectives, as well as her own journey along the parenting path, Nicole approaches her work with families by prioritizing the development of healthy relationships which can then bridge across each developmental stage