

Community Events

Connect & Learn | for Parents & Caregivers

Parenting When Anxiety Shows Up As Anger

Anxiety in our kids can show up as anger, and that can make parenting extra challenging.

Discover some strategies that can help us before, during, and after these hard moments.



Details

Join us to learn from Karen Peters, Registered Clinical Counsellor and Victoria Keddis, a parent with lived experience.

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

LOCATION: Richmond Public Library,
100-7700 Minoru Gate, Richmond

DATE: Wednesday, March 4, 2026

TIME: 7:00pm – 8:30 PM

COST: Free

Questions?

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Register online at
familysmart.ca/events

