

CARE AND SUPPORT FOR FAMILIES



Peer Support in Richmond

Join us in watching a video conversation with Nicole Allen, Clinical Counsellor at Fraser Health's START Program.

Nicole offers support to parents and caregivers with information and strategies to cope with emotion dysregulation and the challenges which many young people begin to experience as they enter and move through the adolescent years.

Wednesday, November 13, 2024

10:00 am to 11:30 am

TO REGISTER

CLICK HERE 



请加入我们，观看与 Fraser Health START 临床顾问 Nicole Allen 的视频对话。

Nicole 为父母和照顾者提供资讯和策略支持，以应对情绪失调以及许多年轻人在进入和度过青春期时开始经历的挑战。我们将探讨父母和照顾者如何在年轻人遇到情绪挑战和困难时给予良性的支持和健康的家庭环境。