

In-Person Event

# Connect & Learn

## In-Person Event for Parents and Caregivers

### Raising Children With ADHD: Finding Calm in Emotional Unpredictability

#### Come and Learn With Us

While strategies for managing challenging behaviour, whatever our child's neurotype, can be helpful, they're difficult to use when you're burnt out, overwhelmed, or caught up in your child's emotional state. Even though you can't control it, you're not powerless. In this session, we'll explore how shifting your own responses during difficult moments can ease tension and help you feel calmer and more confident as a caregiver.

Join FamilySmart and Rebecca Van Der Hijde, a Family Therapist and a Board Certified Behaviour Analyst. She has over 15 years of experience working with families raising children with autism, ADHD, and/or developmental disabilities. With a focus on calm, connection, and empowerment, Rebecca is passionate about helping caregivers understand their child's behaviour (and their own behaviour too)! Registration is limited.

**DATE:** Tuesday, November 18, 2025

**TIME:** 6:30 – 8:00pm (Pacific Time)

**LOCATION:** Executive Plaza & Suites  
405 North Road, Coquitlam - Aspen Room

**PARKING:** Free.

Please make sure to register your vehicle number at the reception desk. ***\*This step is essential to avoid any parking-related issues.***

**COST:** Free

For more information, go to:  
[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.*



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



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