



# PAC CONNECTION

JAN 9 2026



## BOTTLE DRIVE JAN 17

We need volunteers to help sort bottles during our bottle drive! If you have some time to give (even just 30 mins!) please sign up [HERE](#) Gloves and snacks provided!

If you have bottles to donate, you can drop them off at the school on the 17 between 10am - 1pm



## PARENT EDUCATION OPPORTUNITIES

- Emotion Focused Family Therapy with Fairfield Psychology. Mon, Jan 19, 6-7:30pm. McKenzie Elementary Library or online. See attached poster. Register [here](#). (Full link here - ensure hyperlink works in newsletter if we use it:  
[https://docs.google.com/forms/d/e/1FAIpQLSeYg51NYz2EbXonIN\\_UfYJb0pAv0VKoHO9iFVZ4upTJFNvjqQ/viewform](https://docs.google.com/forms/d/e/1FAIpQLSeYg51NYz2EbXonIN_UfYJb0pAv0VKoHO9iFVZ4upTJFNvjqQ/viewform))
- From Island Health: Connecting With Our Kids When Anxiety Leads To Social Isolation with Family Smart (shared by Island Health). Tues. Jan. 20, 6:30-8pm or Thurs Jan 29, 6:30-8pm. Online. See attached poster. More info:  
<https://familysmart.ca/online-events/>.
- Supporting Safety at Home When Your Child Has a Mental Health Crisis with Island Health. Wed, Jan 14, 12-1:30pm or Thurs, Jan 22 6:30-8pm. Online. See attached poster. More info: <https://familysmart.ca/online-events/>.



**Next PAC Meeting  
Wed, Feb 4 @ 6:30pm  
in the staff room, or  
online.**

Did you know that every Northridge Family is automatically a voting member of the PAC?

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More Info?  
[northridge.pac.info@gmail.com](mailto:northridge.pac.info@gmail.com)

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Join [Northridge Families](#) on Facebook to stay connected.

