



Touchstone Family Association
Strengthening Family • Building Community

Circle of Harmony

CONNECTING HEARTS CREATING PEACE

A Free 8-week Parenting Group for Richmond Families

Circle of Harmony is designed for parents and caregivers who want to create calmer, more connected homes. Through culturally relevant tools for communication, boundaries, and emotional awareness, families can strengthen trust, reduce conflict, and foster safe and respectful relationships.

Group Focus Areas

-  Strengthen family communication and connection
-  Recognize unhealthy patterns & cycles
-  Emotional Coaching
-  Build routines & boundaries
-  Navigate peers & screen time
-  Keys and Barriers in Couple Relationships
-  Explore identity & values
-  Support healthy independence
-  Promote family wellness

Group Details

-  10am to 12pm Thursdays
-  October 30 to December 18, 2025
-  210 - 3031 Viking Way, Richmond, BC V6V 1W1
-  Cantonese/Mandarin

Contact Us:



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<https://touchstonefamily.ca/>

