

Join us for

Resiliency and Coping Skills Workshop

Wednesday, October 14th, 6 – 9pm

St. Andrew's Parent Council is pleased to announce our upcoming Resiliency and Coping Skills Workshop on Wednesday, October 14th, 6-9 pm. Learn new skills and get new resources to support your growing child!

The event will feature:

- **Keynote speaker: Resiliency: *What Children Need To Grow and Thrive*** (Elizabeth Paquette, Chief Psychologist, Catholic School Board); **6:15-7:00pm**;
- **Hands-on workshops: *Life Stressors; Coping Strategies*** (Christine Callingham, Serenity Renewal for Families); *Anxiety: Supporting Your Anxious Child* (Joanne Boyd, Parent Support); **7:15-8:45pm**;
- **Help resources, educational tools, and Q&A; 6:00-9:00pm:**



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Come for part of the evening or whole night.

REGISTER NOW

Registration Link:

<https://goo.gl/CNCXkm>

Free child care* available on site

*Pre-registration required



Presented in partnership by St. Andrew School, OCSB, OCSB Parent Involvement Committee (PIC), OCSB Parent Reaching Out (PRO) Grant & the Catholic School Parents' Association (CSPA)