

Resilient and Flourishing Kids

October 12, 2016
7:00 – 8:30 pm

Royal Bay Secondary
3500 Ryder Hesjedal Way

RSVP to confirm your attendance

***complimentary child care available –
registration via RSVP link below

For more info, email Cindy Andrew:
cindyandrew@gmail.com

RSVP by Oct. 7, 2016:

<https://www.eventbrite.ca/e/resilient-and-flourishing-kids-tickets-27924304346>

Featuring: Christine McGregor, Acting District Principal, Student Support Services

Organized by
SPEAC's Healthy Schools Committee

Sponsored by



~ Children & youth are reporting increased levels of stress and anxiety

~ Many do not know what it is like to feel calm

~ Learn about SD62's efforts to help promote the health and learning of our kids

Join us for up-to-date info and practical strategies to help children develop the resiliency they need to survive and thrive in our stress-filled, anxiety-inducing world.

Bring your Q's for this interactive evening!