

HCDSB - CPIC invites you to join us for our parent series with Sara Westbrook



A child's emotional state affects their performance at school, their relationships and their physical and mental well-being. Emotions can be hard to identify, to move through and hardest of all...to talk about.

NURTURING YOUR CHILD'S EMOTIONAL WELL-BEING

DATE: Tuesday March 29th

TIME: 7:00 - 8:15 pm

In this virtual presentation, parents and guardians will learn **3 Strategies** to help develop:

Resilience and Emotional Well-Being in Children

Using the **3 Strategies** with your child will help them:

- Self-regulate
- Decrease anxiety and stress
- Have a closer relationship with others
- Communicate with empathy, respect & kindness
- Create healthier mental and physical well-being

'As parents support their children & adapt to the "new normal" Sara Westbrook is a much needed presentation, as her expertise provides parents with the tools & supports to nurture the mental health and well-being for all parents & students.'

Wayne Brunton / Superintendent of Education
Dufferin-Peel Catholic District School Board

As seen and heard on



www.sarawestbrook.com