

Please join us for an evening with
SARA WESTBROOK



A child's emotional state affects their performance at school, their relationships and their physical & 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 26th TIME: 6:00 - 7:15 pm

In this 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 helps them:

- Navigate emotions
- Decrease anxiety and stress
- Strengthen their confidence muscle
- Communicate with empathy, respect & kindness
- Master the skill of making character-based choices

'Your presentation was absolutely phenomenal! I learned so much more than I have ever learned in my now 13 years of parenting. Thank you for taking the time to share such applicable information during a time such as this.'

Parent / St Gerald / TCDSB

As seen and heard on



www.sarawestbrook.com