

Brown Jr Public School presents a Mental Health May event...

Reducing Anxiety in Your Children

(A free event, open to parents from any school)

Monday, May 8th 2017

7:00 - 8:30 PM

Anxiety and stress are more prevalent in our children than ever before. Does your child seem self-confident and resilient or full of self-doubt?

- Learn to assess your child's inner state and help protect it
- Equip your child with tools to withstand anxiety and stress
- Lay the groundwork for their happiness and self-confidence all through life

Doone Estey
The Parenting Network
Parenting Expert, Speaker
Co-author of Raising Great Parents



"Your wonderful advice and guidance is SO incredibly helpful for us all. Hearing the other parents and their issues is very powerful too.

It has helped me immensely...! [Doone] is superb facilitator."

COMPLIMENTARY BEVERAGES & HELPFUL HANDOUTS

Including "Top 10 Parenting Tips for Resilient and Successful Kids"

Free childcare for children 4 to 10 years of age will be provided onsite by Unicorn day care for a maximum of 39 children, on a first come, first serve basis. Sign-up for childcare using the online registration or in person at Unicorn, by May 5th.

Please note: This speaker series is generously supported by a Parents Reaching Out Grant for School Councils, Ministry of Education, Province of Ontario

Please register at www.Eventbrite.ca or go to www.BrownSchool.ca