



School Council Presents...

Let's talk about it!

Umbrella Parenting: Empower your child to take on life and develop the positive coping skills they will need for health, happiness and future success.

**- Parent Workshop -
with Guest Speaker Dr. Jen Forristal
from The Umbrella Project**

Our goal is to provide information and resources to parents to enhance our ability to empower our children.

As parents, we play a very important role in helping our children develop the skills they need to navigate life's uncertainties and have happy, successful lives. Unfortunately, parenting is also one of the busiest jobs and leaves very little room for learning what these skills are and how to teach them.

The Umbrella Project is dedicated to helping you and your children learn these skills of emotional wellbeing in a fun, easy to implement way and helping you thrive in all of life's weather.

WHEN:

**Tuesday, January 29, 2019 • 6pm to 7pm
Hesperel Public School Library**

DUE TO THE MATURE NATURE OF THIS SESSION WE ASK THAT CHILDREN NOT ATTEND