

Sara Westbrook ...

UPower PARENTS

www.sarawestbrook.com



'UPower is our own personal power to choose our actions, reactions and beliefs regardless of the circumstances.'

THURSDAY FEBRUARY 18th

7:00 pm – 8:00 pm

LINCOLN HEIGHTS PS

270 Quickfall Drive

PRESENTS

3 + 1 HABITS OF RESILIENT FAMILIES

This is an adults only presentation

**CRAFTS AND
FUN:**

Free childcare
for children 3-11
during the event

As parents and guardians we must be diligent in supporting the development of Respect, Confidence and Resilience in our young people.

Not only are we seeing our young people disrespecting themselves & others, we are also seeing many lacking the confidence to bounce back from challenging times.

Many are making choices from their feelings (i.e. anger, sadness, embarrassment) - feelings that seem not only overwhelming but also permanent.

It is IMPORTANT to have them see that, because feelings frequently shift & change, feelings are not a reliable place to make all choices from.

This presentation provides parents and guardians with the 3 Habits of Resilient Families to help them coach their young people:

- **To bounce back from tough emotions and challenges**
- **To make character based choices which build confidence and respect for themselves and others**

'I wanted to again let you know that you are powerful! I was engaged, amazed and felt empowered that I could be a coach for assisting my children to make the best choices for whatever circumstance they are dealing with.' Parent SJPII School Council Chair

'It takes a village to raise a child. Allowing me to be part of your village is an honour.'
~ Sara Westbrook ~

For more information about Sara Westbrook please visit www.sarawestbrook.com