

MACGREGOR PUBLIC SCHOOL

32 Central St, Waterloo (519) 885-6200

AN EVENING OF WELLNESS

FREE EVENT FOR PARENTS, CAREGIVERS & STUDENTS AT WRDSB SCHOOLS

THURSDAY FEBRUARY 22ND - 6:00 -8:00PM

KEYNOTE SPEAKERS - JENNIFER CLARKE AND MARY WILHELM

“CONQUERING TEEN ANXIETY” 7:00-7:45PM

- FROM WOOLWICH COUNSELLING CENTRE

Please join us for a night of Wellness as we welcome a variety of agencies, practitioners, natural food markets, and progressive establishments all working to promote Mental Health.

Food sampling and refreshments provided.

Door prizes: Titans Basketball tickets, gift basket, one night stay at Delta Hotels, gift cards & more!



Woolwich Counselling Centre

Together... growing healthy communities.

Dr. Jen Forristal

Naturopathic Doctor



Dr. MICHAELA
passionate about your personal best

Young Carers Project

FEARLESS HEART YOGA

Nutrition for Learning
since 1997



Canadian Mental Health Association
Waterloo Wellington

fiddleheads
HEALTH AND NUTRITION



Parents for Children's Mental Health
SUPPORT. EDUCATE. EMPOWER.



Healing Path CENTRE FOR NATURAL MEDICINE



Gut Instincts
Nutrition Counselling



smartEducation

Creative Therapy Health Services
Live Life Without Limits



Waterloo PUBLIC LIBRARY

CHRISTINE PARKER RMT
Registered Massage Therapist and
B.E.S.T. Practitioner



bliss™
counselling



Big Brothers Big Sisters
of Waterloo Region

DELTA
WATERLOO



Lutherwood
Caring people. Strengthening lives.



Event made possible through Parent Reaching Out grant from the Ministry of Education of Ontario