

# WINDOW INTO WELL-BEING

Free Parent & Caregiver Workshops

Please join us for "Promoting Positive Mental Health  
in your Teens and Pre-Teens"  
with Charity Fleming

Charity Fleming is a Cognitive Behavioural Therapist and Program Director at Qualia Counselling Services. She has worked with children and youth for ten years. Charity has developed and teaches the only "Cognitive Behaviour Therapy for Children and Adolescents" university-backed course offered in Canada.

TUESDAY MAY 1ST ~ 7-8:30PM  
Centennial Public School,  
141 Amos Ave., Waterloo  
Refreshments available at 6:45pm

All Parents & Caregivers of students at WRDSB Schools are welcome.

For information about childcare, interpreters, & how to register:  
<http://bit.ly/2DYRPAX>



Waterloo Region  
District School Board



CENTENNIAL  
Public School