



Presents.....

Building Healthy Families and Communities Parent Workshop

~with Guest Speakers from KW Counselling Services,
Carizon/Lutherwood/Front Door, Autism Ontario, and Hespeler Public
School~

Our goal is to provide information and resources to parents to help support the mental health and well being of our children both in and out of school.

Some of the topics we will cover..

- Recognizing stress and anxiety in children and how to help them.
- Where to turn for help in our community, available services and how to access them.
- What is Autism? How to support children with Autism in our schools and community.
- Growth Mindset- what is happening in our school to support the changing needs of our children.

WHEN - WEDNESDAY APRIL 13th, 2016

TIME -7PM to 9PM

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

In order for us to get an idea of attendance, please fill in this form and return to the school by April 7th 2016

Name _____

Student name _____

Teacher _____ Number attending _____

