



School Council Presents...

Let's talk about it!
**Working to Build Lifelong Resilience, Grit,
Growth Mindset and Optimism in Children and Teens**

~ Parent Workshop ~
with Guest Speaker Bev Miller
from The M.O.S.A.I.C.S. Approach

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

Setbacks are inevitable. We all know that. But why do some people “bounce back”, while others become discouraged, lower their expectations, and sometimes quit altogether? This workshop examines those practices and beliefs that can help to create a growth mindset in children, so that when “life happens” they will be better equipped to regroup and respond to the challenge with determination and grit. We all want our children to succeed; supporting and teaching them resilience and optimism in the face of setbacks can be the basis for their accomplishment in every arena of effort.

WHEN:
Tuesday, January 23, 2018 • 7pm to 8:30 pm
Hespeler Public School Library

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

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In order for us to get an idea of attendance, please return this form to the school by January 18.

Name: _____

Student Name: _____