

# FREE Workshop Event for WRDSB Families

## Healthy Students, Engaged Learners

**Saturday, April 13, 2013**

Galt Collegiate Institute

200 Water St. N., Cambridge N1R 6V2

### Workshop Schedule\*

Keynote Speaker 9:00 am  
Refreshments (provided) 10:00 am  
Early bird workshops 10:20 - 11:20 am

Lunch (at a cost) 11:30 am - 12:30 pm

Mid-day workshops 12:30 – 1:30 pm  
Refreshments (provided) 1:30 pm  
Afternoon workshops 1:45 – 2:45 pm

Full workshop description and times  
available on our website!

\* Subject to change.

### Keynote Speaker: Ronald Morrish

#### Understanding the Teenage Brain



Whether you already have a teen or soon will, Ron will help you understand the mysterious teenage brain!

Why they do what they do and how you can handle difficult or risky behavior.

A behavior specialist and former educator, Ron helps families learn how to build rapport, maintain routines, and learn prevention strategies.

### Many interactive workshops by experienced, local professionals:

- ◆ Feed your brain: School lunches & sports nutrition
- ◆ Gaming addictions: Do your kids spend too much time on video games? What can you do?
- ◆ Anxiety in elementary school students
- ◆ Building resiliency in your child
- ◆ How to help your child deal with exam stress
- ◆ Asperger's Syndrome: what to look for, how to deal with the positive and negative ramifications
- ◆ Childhood depression
- ◆ How to encourage physical activity for all of our kids

Check our website for a full list of workshops:

[pic.wrdsb.ca](http://pic.wrdsb.ca)



Parent Involvement  
Committee

Brought to you by the Parent Involvement  
Committee (PIC) and the WRDSB



**Register now!**

**Spaces Limited**

**519-570-0003**

**ext. 4555**

**or online**

**at: [pic.wrdsb.ca](http://pic.wrdsb.ca)**

\*GRT tickets available upon request