

# 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**