

Waterloo Collegiate Institute (WCI) Parent Council

invites parents and students to join us

for a presentation on

Building Resilience

with Ms Rebecca Pister,

Canadian Mental Health Association

Tuesday, February 28, 2017

WCI Library @ 7 p.m.

“Join us for a conversation about resilience. Let’s talk about how resilient we are, why it’s important, and how it helps to protect our mental health. We’ll also explore ways to help increase resilience so that we can bounce back from life’s challenges.”

There will be a question and answer session after the presentation,

with Ms Pister and WCI staff.

Admission is free!

Waterloo Collegiate Institute
300 Hazel Street
Waterloo, Ontario

Free Parking across the street from WCI

Waterloo Region
District School Board