

# Mental Health & Wellness Information Night, featuring Dr. C. Sturdy, "Raising Resilient Children"

Wednesday, April 20, 2016, 6:00pm

Waterloo-Oxford District Secondary School, Baden, ON

Resilience is the capability to readily recover and "bounce back" from trauma, adversity, tragedy and other sources of stress. Resilient children are those who are able to effectively handle any pressure and get things done, recover from setbacks, adapt well to change, and keep going despite obstacles.

Please join us on Wednesday, April 20, 2016 for a parent information night featuring **Dr. C. Sturdy** who will provide parents with practical information and strategies to raise, support and develop resilient children in an insightful 90-minute presentation. The presentation will include a 15 minute Q&A session and a take-home handout summarizing the presentation. Dr. C. Sturdy is a professional speaker based in Toronto, ON, Canada. He is an author, father, former teacher and school principal, and an active community member. Dr. Sturdy's book "The Hurried Life: 101 Ways To Slow It Down" will be available for purchase for \$20 including HST. Read more about Dr. C. Sturdy and this practical book at [www.drsturdy.com](http://www.drsturdy.com).

A variety of local Community Mental Health & Wellness partners will be onsite throughout the evening offering resources and contact information in a casual information fair environment.

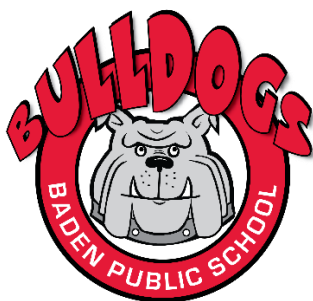
Doors and Information Fair open at 6 pm, Speaker session begins at 7pm. Light refreshments will be provided.

Students from Waterloo-Oxford District Secondary School will be providing childcare for children ages 2 to 13 between the hours of 6:45 and 8:30 pm with a focus on age appropriate wellness activities. A drink and snack will be provided to each child in childcare, pre-registration is preferred.

**Please RSVP for this informative event by April 18** using our simple SurveyMonkey registration at <https://www.surveymonkey.com/r/5RJLGHW>, and remember to indicate whether you will require childcare services during Dr. Sturdy's presentation.

This evening is brought to you jointly by the parent councils of Baden and Sir Adam Beck Public Schools and made possible through the Parents Reaching Out grant. This event is open to parents across our local communities, and aligns with the Waterloo Region District School Board's newly developed Mental Health Strategy (<http://www.wrdsb.ca/bipsa/mental-health-strategy-overview/>).

For more information, contact [schoolcouncil.baden@gmail.com](mailto:schoolcouncil.baden@gmail.com)



**Syrian Refugee Donations:** WRDSB and the Parent Involvement Committee will have a location onsite during this event to collect donations of the following items for the Syrian newcomers to Waterloo Region. All items must be NEW: diapers (all sizes), feminine hygiene products, socks and underwear (for children and adults), personal hygiene products (soap, deodorant, shampoo etc), cooking utensils (wooden spoons, spatulas), mops, brooms etc. for cleaning, and large cooking pots.