

**BOUNCE BACK FAMILIES - 3 Simple Secrets to being Resilient**

**Special Presentation at Wellesley P.S.**

**Monday October 5 - 6:00 – 7:00 pm (in the gym)**

**'Believe in Yourself!'**

Most of us have said and heard these words - words of advice that seem to be given so easily. As simple as it sounds we all know it can be tough and very challenging to put into action, especially if we hear negative opinions and judgments about ourselves, our family or our life.

Those opinions and judgments can negatively affect our confidence, respect for ourselves and our ability to be resilient. Many of us are told to 'just ignore those negative comments.' BUT as we all know, that is extremely HARD to do. I know – I have been there! However, it is possible to replace those negative judgments and become **Confident** and **Resilient**!

In this Fun, Interactive, Meaningful presentation **for parents and their children**, which

includes both speaking and singing, I share **3 Simple Secrets to Bouncing Back** that I did and continue to do to build confidence and resilience.

*'What a pleasure it was to have Sara Westbrook as our opening attraction to our “Meet the Teacher” evening. Her message of building Resilient and Respectful children as well as giving our students and their parents the tools to develop their goals and dreams was absolutely engaging through her beautiful music and heartfelt personal stories. She is by far one of the most amazing performers we have had who was able to connect with parents, students and staff instantly.'*

**Luana Sfalcin - Principal - St. Elizabeth – Wallaceburg, On.**

**Please email us at** [**saundra\_martin@wrdsb.on.ca**](mailto:saundra_martin@wrdsb.on.ca) **if you plan on joining us for this excellent presentation for adults and students on October 5th!**