



Waterloo-Oxford DSS School Council Presents

Raising Resilient Youth

Parenting in the 21st Century

Wednesday, April 19, 2017

7:00 – 8:30 p.m.

Waterloo-Oxford District Secondary School
1206 Snyders' Road West, Baden

Speaker:

Trish Bidgood, M.S.W., RSW, AccFM

Topics:

- Building resiliency in youth/children
- Helping youth manage stress
- How to grow well-being
- Supports for parents

Parent Workshop

FREE to all participants

FREE childcare for children ages 2-11

FREE parking

Refreshments available

Presentation 7:00 – 8:00 p.m.

Questions & Answers 8:00 – 8:30