



The **Anti-Bullying Collaborative Network**
is pleased to present:

A Peel District School Board Parent Presentation

STAYING FOCUSED IN CHALLENGING TIMES



“Believe in You!” These are words many of us have said to our children. As simple and optimistic as “believe in you” sounds, we all know it can be hard to put into action, especially if our children hear negative opinions and face challenging circumstances and tough emotions.

Learn **3 Activities** that will help you coach your children in finding their “YOU” so they can bounce back from challenges with confidence and keep maintaining a healthy mental well-being.

Sara is a Motivational Speaker/Singer/Author specializing in Resilience, Confidence & Mental Well-Being. She has performed her UPower presentations to over 200,000 students, parents and educators. She is the author of the UPower Journal, a book for youth to not only express their thoughts and emotions, but also to build their confidence, resilience and mental well-being through personal stories, exercises and quotes.

Thursday, March 2, 2017

John Fraser Secondary School

7:00 p.m. - 8:30 p.m.

This is a unique opportunity for Peel District School Board **parents, guardians and caregivers** of children in kindergarten to grade 12 interested in learning strategies to help coach young people in the skills necessary to move through tough emotions and challenges.

Register <https://goo.gl/forms/ZQg7SHQy0fFdaVH92>

Or visit the John Fraser Secondary School Website for the above registration link

Please contact Rubi Pourawal-Wilson (rubi.pourawal@peelsb.com) or Tina Godsoe (tina.godsoe@peelsb.com) with any questions.

Hoping you will join us for another informative and engaging #PeelABC
(Anti-Bullying Collaborative) Network presentation.

Agenda:

6:45 – 7:00 p.m. Arrival, Snacks and Registration

7:00 – 8:30 p.m. Presentation & Q & A

Follow us on Twitter @PeelABCNetwork. Looking forward to seeing you there!



— Every child has the right to a bully-free education —