

for all

Virtual Parent/Caregiver Workshop

Do you have concerns about 'back to school'?

- Is your child unsure about starting school in September?
- Do you want the return to school to go as smoothly as possible?
- Want to learn more about the brain and how it responds to stress?

SCHOOL RE-ENTRY AND SELF REGULATION: BACK TO SCHOOL WITH LESS STRESS

'Back to School' comes with many thoughts and feelings, particularly while still in the midst of a global pandemic. Whether your child appears excited, nervous, or not terribly interested at all in going to school either in-person or remotely, it's important to know how to support our children so that 'back to school' can be as stress-free and successful as possible.

Want to learn more?

Join us on

Thursday August 26, 2021

6-7pm

TO REGISTER

[CLICK HERE](#)

Or call 519.756.6505 Ext. 237

By August 25, 2021

A TEAMS meeting link will be emailed on the morning of the workshop, to those registered.

-Presented by Mental Health Professionals from Student Support Services-

Brant Haldimand Norfolk Catholic District School Board