

Understanding Anxiety **And Building Resiliency** **In our Children**

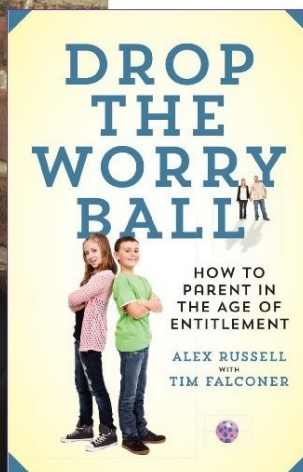
A special P.R.O. (Parenting Reaching Out) grant learning opportunity, brought to you by the St. Thomas Aquinas Catholic High School "Family of Schools" and their School Councils (schools include: St. Thomas Aquinas, St. Nicholas, St. Paul, St. Theresa, Jean Vanier, St. George, Notre Dame)

WHEN: Thursday, September 27, 2018; Doors open at 5pm;
"FREE" Dinner being served from 5:15 to 6pm;
Special Guest Speaker from 6 to 7:30pm

WHERE: St. Thomas Aquinas cafetorium

WHO: Open to all parents of students in the LDCSB area

CHILDCARE: Provided by S.T.A. students



SPECIAL GUEST SPEAKER:

Dr. Alex Russell
6—7:30pm

Author of the book, "Drop The Worry Ball"

For more information about the speaker, please visit:

<http://russellpsychology.com>

<http://www.thelavinagency.com/speakers/alex-russell>

Books related to the topic will be for sale including his book, "Drop The Worry Ball".

EVENTBRITE REGISTRATION

Go to this link to register for the "free dinner" and "speaker"
<https://stafamilyprogrant.eventbrite.ca>

REGISTRATION OPENS ON SATURDAY, SEPTEMBER 15TH AND CLOSSES ON THE MORNING OF MONDAY, SEPTEMBER 24, 2018.

THANK YOU.