

FREE WORKSHOP FOR Parent(s)/Guardian(s)



Offered by Duncan J. Schoular School Council

Being a parent is busy and demanding. There are things that you as a parent/guardian can do to help cope with the everyday demands of raising children and to deal with stress. Join us for a small group discussion on tips to manage day-to-day stress so that you can be calm and consistent with your children.

WHEN: Tuesday, February 26th (Inclement Weather Date Thurs., Feb. 28th)

WHERE: Duncan J. Schoular Public School

TIME: 6:30 pm until 7:30 pm

PRESENTER: Gwendy Lapp, Health Promoter and Triple P Coordinator from the Leeds, Grenville and Lanark District Health Unit

FREE CHILDCARE

FREE REFRESHMENTS PROVIDED

REGISTRATION REQUIRED

Limited number of spots available - register asap to secure your attendance.

TO REGISTER PLEASE DETACH and RETURN TO THE OFFICE

OR

Contact School Council Chair, Jenna Ducharme at ducharmejenna@gmail.com

BY FEBRUARY 20th, 2019

-----detach->

Name of Parent(s)/Guardian(s) Attending (please print)

Childcare <u>IS</u> required.

Childcare IS NOT required

Name of Child	Age of Child
e.g., Cary	8