

# Wellness Evening

SUPPORT FOR BUSY PARENTS

**WEDNESDAY, MAY 16TH 5:00-7:00**

An evening of workshops, guest speakers, free food, childcare, prizes, community partners with information and expert advice

**ST. JOSEPH'S SCHOOL, SIMCOE**

## **RAISING RESILIENT CHILDREN**

Everyone is invited to hear our Guest Speaker, Dianne Wdowczyk from 5:30 - 6:00 in the gym prior to choosing one of the following workshops to attend.

## **HOW TO GET OUT OF THE HOUSE IN THE MORNING WITHOUT LOSING YOUR MIND**

Do you ever feel like you're going to lose your mind before you even get out of the door in the morning? Come and learn a few strategies proven to help smooth out the morning routine.

## **HOW CAN I KEEP MY CHILD INTERNET SAFE**

Constable Sanchuk will be providing expert advice on how to keep your child safe on social media.

## **HOW TO SLOW DOWN AND BE FULLY PRESENT**

Join Father Al Dufrainmont and find ways to slow down during your day to be fully present for your loved ones.

## **FAST, NUTRITIONAL AND INEXPENSIVE MEALS IN UNDER 15 MINUTES**

Join nutritionist, Courtney-Brooke Laurie for a live cooking demonstration with recipes to take home.

## **FINANCIAL PLANNING FOR ANY BUDGET**

Find out to budget all of your expenses with a monthly plan and maybe even set some financial goals with our expert from RBC.

## **LIFE COACH ADVICE FOR BUSY PARENTS**

A Life Coach is here to help you manage your daily stress as a busy parent. She'll even help you create a plan to reach a personal goal.

## **PARENTING YOUR ANXIOUS CHILD**

Learn how to help your anxious child using empathy, resiliency, and patience.

## **HOW TO TALK TO YOUR CHILD ABOUT MENTAL HEALTH**

Learn how to talk to your child about mental health.

Community Partners - Norfolk Health Unit, Big Brothers/Big Sisters, Early Years Centre, Norfolk Rec Centre, Women's Services, NHU Quit Smoking, REACH, Norfolk Library, Community Addictions & Mental Health, Dalhousie Place, Powerhouse Project, Norfolk Family Resource Centre, NHU Healthy Smiles, Suicide Prevention, Healthy School Snack and more partners!

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