



WORSLEY'S HEALTH & WELLNESS NIGHT

“Supporting Resiliency in our Kids”

Tuesday, April 25, 2017 6:00-7:45 pm @ Worsley Elementary School

A presentation for parents of Kindergarten to Grade 8,
by SCDSB Social Worker and Mental Health Lead,
Danielle Mink (M.S.W., R.S.W.)

Carousel of Agencies – 6:00-6:45

Guest Speaker Presentation – 6:45 – 7:45

For the Parents:

- Carousel of community agencies that support mental well-being in the foyer 6:00-6:45
- Emotional intelligence, Self-Regulation, Stress Management, Optimism
- Practical strategies for use at home and at school

For the Children:

- Hands on activities with Stacy Sutherland and Tammy Millington (SCDSB Child and Youth Worker)
- Self-Regulation and Emotional Strategies
- Yoga with Ms. Cox

Snacks and Drinks Provided

Evening event is in conjunction with school-based MENTAL WELLNESS DAY: During the school day on April 25, students from K-8 will be involved in “Groove EDGEducation”, an opportunity to integrate physical, cognitive, social/emotional development and mindfulness and engage the “BODY, BRAIN and BEING”.