The Science of Well-being & Raising Resilient Children

Presented by SBA's Parent Council

LOUISA JEWELL

Moving from surviving to thriving

Saturday, October 20, 2018
9am to 12pm
Saint Brother Andre CHS
6160 16th Ave, Markham
Refreshments will be provided

FREE admission.
RSVP as space is limited.
Door PRIZES at event

Register On Eventbrite

https://bit.ly/2wmXyuq

www.louisajewell.com

- learn how to increase resilience, reduce stress and re-energize your children
- improve their resilience, positivity, productivity, and mental health
- positive psychology & the science of psychological well-being
- learn how your kids can become happier, build strength and flourish