FREE Workshop Event for WRDSB Families

Healthy Students, Engaged Learners

Saturday, April 13, 2013

Galt Collegiate Institute

200 Water St. N., Cambridge N1R 6V2

Workshop Schedule*

Keynote Speaker 9:00 am Refreshments (provided) 10:00 am Early bird workshops 10:20 - 11:20 am

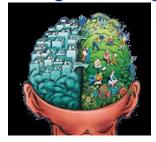
Lunch (at own cost) 11:30 am - 12:30 pm

Mid-day workshops 12:30 – 1:30 pm Refreshments (provided) 1:30 pm Afternoon workshops 1:45 – 2:45 pm

Full workshop description and times available on our website!

* Subject to change.

Keynote Speaker: Ronald Morrish Understanding the Teenage Brain



Whether you already have a teen or soon will, Ron will help you understand the mysterious teenage brain!

Why they do what they do and how you can handle difficult or risky behavior.

A behavior specialist and former educator, Ron helps families learn how to build rapport, maintain routines, and learn prevention strategies.



Brought to you by the Parent Involvement Committee (PIC) and the WRDSB

Many interactive workshops by experienced, local professionals:

- ◆ Feed your brain: School lunches & sports nutrition
- ◆ Gaming addictions: Do your kids spend too much time on video games? What can you do?
- ◆ Anxiety in elementary school students
- ◆ Building resiliency in your child
- ♦ How to help your child deal with exam stress
- ◆ Asperger's Syndrome: what to look for, how to deal with the positive and negative ramifications
- ◆ Childhood depression
- ♦ How to encourage physical activity for all of our kids

Check our website for a full list of workshops: pic.wrdsb.ca



Register now! 519-570-0003 ext. 4555

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