

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.

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



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

**FREE
CHILDCARE**
to all registered
attendees

Register now!

519-570-0003

ext. 4555