

connexions

Centre de ressources • Resource Centre

Parent Information Session

IN COLLABORATION WITH THE SPECIAL EDUCATION ADVISORY COMMITTEE OF THE WQSB

Empowerment through Mindfulness

with guest facilitator *Joanne Doucette, MSW, RSW, Registered Social Worker at the Child, Adolescent and Family Centre of Ottawa*

Thursday, March 9 from 7:00 pm to 8:30 pm

at

Western Quebec School Board (Council Chambers)

15 rue Katimavik, Gatineau (Aylmer sector)

This information session will give an overview of how to help you and your child reduce anxiety through mindfulness. You will learn how to identify “Body Clues” related to anxiety and have an opportunity to practice some breathing and relaxation exercises you can use with your child to help you both:

- Manoeuvre stressful and difficult situations,
- Step out of your frustrations with more ease and confidence,
- See the bigger picture and create a deeper, more balanced connection.



Resources will be shared and refreshments will be served.

Please RSVP as space is limited.

819-777-3206 • info@centreconnexions.org