

SARA WESTBROOK



Presented by the
St. Bernadette Parent's Council

**Wednesday,
May 23rd
St. Bernadette School
7:00 pm - 8:00 pm**

RSVP: sarawestbrookmay23.eventbrite.ca

Free child care.

Refreshments will be served.





AN ADULTS ONLY PRESENTATION

3 HABITS OF RESILIENT FAMILIES

As parents and guardians, it's important to support children in making character-based choices that develop the skills of Resilience, Confidence and Mental Well-Being.

Many of their choices are being made based on how they feel (anger, sadness, disappointment etc.) Since emotions are constantly changing, they are not a reliable place to make all choices from. It's essential to teach children how to move through emotions in healthy ways so they can make choices from a more reliable place - their character.

In this presentation you will learn 3 Habits to coach your children to:

-  **Make character-based choices.**
-  **Bounce back from tough emotions and challenging circumstances.**
-  **Train their brain to think and act beyond tough emotion.**
-  **Learn healthy ways to release emotions.**

"I wanted to let you know that you are powerful! I was engaged, amazed and felt empowered that I could be a coach for assisting my children to make the best choices for whatever circumstances they are dealing with" Parent SJPII Council Chair



FOR MORE INFORMATION ABOUT
SARA WESTBROOK PLEASE VISIT

WWW.SARAWESTBROOK.COM

AS SEEN ON

