



Mental Health and Well-Being

Parent Partnership Committee

The TDSB Parent Partnership Committee on Mental Health & Well-Being invites all parents and caregivers to attend a special presentation on

"Well-being has long been recognized as an important factor in overall student success."
- Ministry of Education

Mindful Parenting

**A presentation by Sue Hutton,
from Mindfulness Everyday.**

Research and practice tells us that Mindfulness helps develop: social/emotional learning, resilience, self-regulation, concentration, self-awareness, kindness and compassion.

Learn simple mindfulness practices that can help support the well-being of the whole family including yourself.

**Wednesday,
May 2, 2018**

**7:00 - 8:00 pm
Mindfulness Workshop**

**8:00- 9:00 pm
Practice and Questions**

***Light Refreshments Provided**

**SATEC @W.A. Porter
Collegiate Institute
40 Fairfax Cres, Scarborough,
ON, M1L 1Z9**

Parking Available.

Register:

[mentalhealthandwellness
committeesatec.eventbrite.ca](https://www.eventbrite.ca/e/mentalhealthandwellness-committeesatec)

*childcare available