



# ONLINE GATHERING FOR EDUCATORS & HELPING PROFESSIONALS

**An online space to  
come together to  
engage in  
self care, practice  
mindfulness, and  
support each other in  
this challenging time.**

**Join Us Live on  
Zoom  
Every Wednesday  
from  
7 p.m. to 8 p.m.**

**[Click here to register  
in advance](#)**

Zoom meeting Code  
949-232-918

Offered by:

Angela Ventrice-SMART Facilitator, Guidance Counsellor/Teacher, YRDSB

MaryClaire Odorico-SMART Facilitator, Assistant Head of English, YRDSB

Helen Gault-SMART Co-Facilitator, Head of Special Education, YRDSB

Lydia Batelaan, Registered Social Worker, YRDSB