



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.

**Thursday,
May 17, 2018**

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

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

***Light Refreshments Provided**

**Rosedale Heights
School of the Arts**

711 Bloor Street East
Toronto, ON. M4W 1J4

Across from Castle Frank Subway Station.

** Please note: There is no parking available at Rosedale Heights School.

Register:

**[mentalhealthandwellness
committee.eventbrite.ca](http://mentalhealthandwellnesscommittee.eventbrite.ca)**

*childcare available