



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 Heidi Bornstein & Lois Lorimer of 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,
June 12, 2019**

6:30 - 7:30 pm
Mindfulness Workshop

7:30 - 8:30 pm
Practice and Questions

***Light Refreshments Provided**

**John A Leslie
Public School**
459 Midland Ave.,
Scarborough, Ont.
M1N 4A7

***Childcare available**

Register:

www.eventbrite.ca/e/mindful-parenting-tickets-60883655653