



Hamilton-Wentworth  
Catholic District School Board  
*Believing, Achieving, Serving*

## 28<sup>th</sup> Annual PARENT CONFERENCE 2020-2021

*"Weaving the Catholic Partnership"*

Wednesday, February 3, 2021 @ 6:30 pm

SARA WESTBROOK *Presents...*



A child's emotional state affects their performance at school, their relationships and their physical and mental well-being. Emotions can be hard to identify, to move through and hardest of all...to talk about.

### NURTURING YOUR CHILD'S EMOTIONAL WELL-BEING

(60 minute virtual presentation, resources included)

In this virtual presentation, parents and guardians will learn

**3 strategies** to help develop:



#### Resilience and Emotional Well-Being

Using the **3 Strategies** with your child will help them:

- Decrease anxiety and stress
- Return to a calmer state of mind
- Have a closer relationship with others
- Communicate with empathy, respect & kindness
- Create healthier mental and physical well-being