



Do you want to show your children how to be resilient and adaptable

Dr. Jen Forristal will host a night to learn about your child's unique coping strengths and weaknesses, and uncover parenting best practices and tips to help your family choose well-being, even on the rainy days.

As parents, we play a very important role in helping our children develop the skills they need to navigate life's uncertainties.

The Umbrella Project is dedicated to helping you and your children learn these skills of emotional wellbeing in a fun, easy to implement way and helping you thrive in all of life's weather.

When: TUESDAY MAY 7, 2019 @ 6:30 PM

Where: ST. CLEMENT SCHOOL - GYM

Who: All parents/guardians of the St. Clement Catholic Elementary Community