



Parent Night with Dr. Jen Forristal

Parents play a very important role in helping their 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 in order to help your family thrive in all of life's weather.

Waterloo Catholic District School Board

Tuesday, December 14th, 7-8:15 pm

Parenting to Build Connection and Manage Anxiety for our Kids

As we head into the holidays, many students are struggling with stress and anxiety, while parents are conflicted with how to help their kids get re-connected and engaged in a meaningful and unplugged way. In this workshop, Dr. Jen will address these concerns and provide some practical suggestions for how to understand and support our kids of all ages so they can be calmer, more involved and make meaningful connections with others.

Please click the link below to join the webinar:

<https://us02web.zoom.us/j/81458268816>