

The School Council at Stephen Lewis Secondary School Presents

A Free Parenting Seminar on **DE-STRESSING** *Family Life*

Join us for a free informative seminar to learn how to deal with stress in an effective and productive manner. Register today and improve your family life!

GUEST SPEAKER:

MICHELLE CASSIDY
(YRDSB MENTAL HEALTH LEAD)



THURSDAY APRIL 30, 2015 | 7:00-9:00PM

LOCATION:

STEPHEN LEWIS S.S.
555 AUTUMN HILL BLVD, THORNHILL, L4J 8X2
MAIN FLOOR - AUDITORIUM

Please RSVP by April 15th

Stephen Lewis Secondary School Council
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