

# Emily Carr SS presents SARA WESTBROOK



A teen'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 TEEN'S EMOTIONAL WELL-BEING

DATE: Tuesday May 23rd

TIME: 6:45 - 8:00 pm

In this presentation, parents and guardians will learn  
**3 Strategies** to help develop:



### Resilience and Emotional Well-Being

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

- Navigate emotions
- Decrease anxiety and stress
- Strengthen their confidence muscle
- Communicate with empathy, respect & kindness
- Master the skill of making character-based choices

**Register online now**

*'Thank you for an incredible presentation!  
You gave us a sense of honesty, understanding & connection.  
As parents the journey can become rocky & doubtful at times wondering  
if we are doing a good job.'*

As seen and heard on  
Global TV, Sirius XM, Rogers TV, CHCH, CTV

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