



*To parents, guardians, students in our
community, you are invited to join us for an
evening with Ann Douglas:
Parenting Through the Storm*

With: Ann Douglas, Guest Speaker

When: Monday, June 3rd from 6:30-8:00 p.m.

Where: Langstaff Secondary School,
106 Garden Ave., Richmond Hill,
Learning Commons, Second Floor

Please register through this link: [Ann Douglas Event](#)

Questions? Contact Langstaff S.S. at 905-889-6266

Parenting Through the Storm explores individual, family, and community resiliency. The key message is that kids are resilient, parents are resilient, and we can weather life's storms together. Also discussed are the types of things that boost resiliency such as taking good care of your physical/mental health, using parenting strategies that work for both parents and kids, developing good coping skills yourself and teaching these skills to your kids as well as emphasis on the important role that the community plays in all of this.