

A PRESENTATION FOR PARENTS OF RED MAPLE PUBLIC SCHOOL AND  
ST. JOHN PAUL II (CHILDCARE AVAILABLE)



# ANXIETY

RAISING A RESILIENT CHILD

Wednesday, Apr. 10

Join author and parenting expert **Alyson Schafer** as she discusses how to raise resilient children and foster wellness in the family. Alyson will also discuss how parents can help their children with the present mental health issue of anxiety. Stick around after for an open Q&A where you can also ask any of your burning questions!

Alyson Schafer is a **family counsellor, best selling author and internationally acclaimed parenting expert** with an approach that empowers families to live as a democratic unit. Her style is **fast, witty, warm and engaging**. She is the resident expert on *The Marilyn Denis Show*, *CanadaAM* and a *HuffPost Canada Parents* contributor. She is an international speaker including the inaugural **TEDxKids in Brussels** and offers free parenting tips at [www.alysonschafer.com](http://www.alysonschafer.com)



WEDNESDAY, APRIL 10  
7 - 8:30 PM (TALK + Q&A)



RSVP BY APR. 3  
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155 RED MAPLE ROAD  
GYM

## KIDS' MOVIE NIGHT!

We'll provide free, supervised childcare with a family-friendly movie. Snacks will be available for sale.

