

The School Council at Stephen Lewis Secondary School Presents

# A Free Parenting Seminar

## Helping your Teenager Cope with Stress



Join us for a free, informative seminar to learn: some of the signs of stress; and how to approach your child about stress and anxiety. We will also examine some of the effects of stress at home and at school and learn strategies for how to best to manage it.

Image from pixabay

### Guest Speaker: Lauren Millman

In Private Practice since 2004, Lauren Millman is an accomplished Toronto Marriage and Family Counsellor, Best Selling Author, member of the Ontario Association for Family Mediation, and is a regular TV and Radio Guest-Host for Rogers, SiriusXM, and The Mediation Station. Lauren has a degree in Social Psychology and Behaviour and offers support to individuals, couples and families.

### Date and Time:

Thursday December 7<sup>th</sup>, 2017

7:00PM – 9:00PM

Light refreshments will be served

### Location:

Stephen Lewis Secondary School

555 Autumn Hill Boulevard, Thornhill, L4J 8X2

### Please RSVP by December 1:

<http://bit.ly/2wfyCW6>