

YCDSB presents



Tuesday October 17, 2023

7:00-8:30 pm

Children and youth are more anxious, aggressive, and shut down than ever.

Faced with this epidemic of emotional health crises and behavioural problems, kids are struggling and parents are exhausted. Many of our kids are anxious and glued to their phones, seeking endless distraction and feeling isolated and disconnected. Aggressive outbursts have become common and yet others seem to have stopped talking all together.

As parents we are increasingly alarmed. We entice, cajole, bribe, shout, but nothing seems to work. Many of us are scared; will our kids be like this forever? What can we do? Is there a way through? Join Hannah for a warm and conversational workshop exploring practical and inclusive strategies we can use to support our children and youth to thrive. Change is possible!

We encourage you all to come together as a community to gain insights and tools that can positively impact your children's lives.

REGISTER NOW

Hannah Beach is an award-winning educator, author, emotional health consultant, and keynote speaker. She is the co-author of the best-selling book *Reclaiming Our Students: Why Children Are More Anxious, Aggressive, and Shut-Down than Ever—and What We Can Do About It*. She was recognized by the Canadian Human Rights Commission in 2017 as one of five featured changemakers in Canada. Learn more about Hannah by visiting hannahbeach.ca