

Presented by



THE
EMPOWERMENT
PROJECT

Join Us!

Refreshments
&
Door Prizes

Free Community Event

For the Parents of St. Jean de Brebeuf CHS
& Feeder Elementary Schools

(St. Agnes of Assisi, Guardian Angels, St. Mary of the Angels, St. Veronica)

SUPPORTING WELLNESS
AT HOME

Register via QR
or click [HERE](#)

TUESDAY APRIL 30, 2024
7:00-9:00PM
@ ST. JEAN DE BREBEUF CHS
2 DAVOS RD., WOODBRIDGE



We will discuss our own mental programming and responses to stress; learn how to support ourselves & our children during challenging times and how to build life long skills.

We will also discuss tools and strategies to encourage a positive mindset and healthy habits.