



# SARA WESTBROOK

A child's emotional state affects their performance at school, their relationships and their physical and mental well-being. Emotions can be hard to identify, to move through and hardest of all...to talk about.

## NURTURING YOUR CHILD'S EMOTIONAL WELL-BEING

DATE: Tuesday, April 6th      TIME: 7:30 pm - 8:30 pm

In this virtual presentation, parents and guardians will learn  
**3 Strategies** to help develop:

### Resilience and Emotional Well-Being in Children

Using the **3 Strategies** with your child will help them:

- Self-regulate
- Decrease anxiety and stress
- Have a closer relationship with others
- Communicate with empathy, respect & kindness
- Create healthier mental and physical well-being

*"In a society that is increasingly difficult to be a child, Sara Westbrook makes a difference to parents who feel a growing need to gain helpful strategies to support their children emotionally."*

VINCE MONACO – PRINCIPAL – HCDSB

As seen and heard on

