



Grande Prairie and District
Catholic Schools

Inspire. Create. Believe.

Ways we can Positively Impact our Child's Mental Health:

"How to help build healthy, resilient individuals"



Mother Teresa Catholic School

7501 Willow Drive, Grande Prairie --- Room 103

Thursday, March 30, 2017 6:30-8:00pm

At this session, parents will learn how their child's brain develops and how we can impact them at an early age to help support positive mental health and behaviours. With that information we will learn what we can do in our parenting to help them grow into healthy resilient individuals.

Presented by Lynn Berry-Barsaloux and Jennifer Thatcher from Alberta Mental Health services.

Free for parents and guardians.

Please call the Catholic Education Centre at 780-532-3013 Ext. 503 to register.

The sessions offered through Family Oriented Programming are opportunities for families to increase their knowledge of parenting and early childhood development. We offer a range of sessions that cater to varying interests and assist families with key areas of child development. These sessions help to connect families to local services offered in the community by outside agencies and organizations.