



Dr. Deanna Behnke-Cook

SPEAKER, PROGRAM AUTHOR & EDUCATIONAL AND EXECUTIVE SKILLS COACH

**MOTTO: "Today is a new day."**



**Supporting Our Families foster Resiliency, Perseverance and Grit.**

**Manage Stress and Discover Strategies To Support Wellness.**

**March 21<sup>st</sup>, 2023 at Millgrove School's Learning Commons**

**Time: 7:00 – 8:00 pm**

**Hybrid Model – In Person and on TEAMS**

**Microsoft Teams meeting information below:**

**Join on your computer, mobile app or room device**

**TEAMS**

**Meeting ID: 299 617 240 671**

**Passcode: rRmiNV**

**Or call in (audio only)**

**[+1 647-749-9281](tel:+16477499281),[591472104#](tel:+16477499281) Canada, Toronto**

**Phone Conference ID: 591 472 104#**

**[Find a local number](#) | [Reset PIN](#)**