



Child Wellness Series



Billy Green School Council is hosting a Child Wellness series in May for parents/caregivers of Billy Green students. Do you want to learn how to build resiliency in your child, learn signs of stress in your child and try out some fun wellness sessions to learn ways to cope/mitigate stress? Then mark May 2 and May 15th in your calendar to join us for this event.

Childhood Resiliency:

When: May 2, 2018 : 6:00-7:30

Where: Billy Green School –Light refreshments provided. Childcare available.

Join us for “GIVING YOUR CHILD TOOLS FOR LIFE”, hosted by McMaster Children’s Hospital.

Children respond differently to the challenges in life. With our guidance, we will show you how to empower your child and nurture these skills so they can learn to bounce back with confidence.

Childhood stress and how to cope:

When: May 15, 2018 from 5:30-8:00 (you can arrive at 5:15 to get your pizza and seating).

Where: Billy Green School

Join us from **5:30-6:30** for a pizza dinner while we listen to Leanne Wood, School Social Worker talk about what stress looks like in our children at different ages/stages, how to help kids cope, and when to seek professional help.

6:30-8:00- Parents and children will have the opportunity to try out some of the following sessions together:

Childhood Yoga: Join Sasha Walsh for yoga: When children learn techniques for self-health, relaxation, and inner fulfillment, they can navigate life's challenges with a little more ease. Yoga at an early age encourages self-esteem and body awareness with a physical activity that's non-competitive.

Mindfulness and Meditation with Natalie Sobel: Children of all ages can benefit from mindfulness, the simple practice of bringing a gentle, accepting attitude to the present moment. It can help parents and caregivers, too, by promoting happiness and relieving stress. At each developmental stage, mindfulness can be a useful tool for decreasing anxiety and promoting happiness. Mindfulness — a simple technique that emphasizes paying attention to the present moment in an accepting, nonjudgmental manner

Using Essential oils to manage stress and maintain a healthy family life: Join Deb Reimer, Registered Social Worker who will discuss how essential oils can support an overall sense of well being in children, help with sleep and relaxation, and maintain a healthy home. Families will get a chance to try out some of the oils and will take home a roller ball to try out with your kids.

Laughter Yoga: Laughter Yoga is a combination of deep controlled breathing, stretching and forced laughter that engages your core and improves lung capacity even in young children. The stressors of daily life can stifle the natural stress relieving reflex of laughter. But give children permission to laugh, it teaches them how to freely express their emotions, stay in a positive state of mind and often produces dramatic positive results.

Express and relieve stress through Art: Kate Babetin and Bina DiLivio, Psychotherapists will engage kids and caregivers in a process of using art to express their feelings and maintain a sense of well being. Art therapy uses the creative process of making something to help people express and understand how they think, feel and act. Children will learn that they can use all kinds of art materials to express what is on their mind without having to use just words

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If you would like to sign up for any of these sessions, please complete the following form , indicating names of attendees and return it to the school office by Thursday March 29, 2018.

We want this to be a barrier free conference for all. Should you need any accommodations to attend this conference (e.g. larger print materials, interpreter etc), please indicate below.

Parent/Caregiver Names:_____

Names of Children in attendance:_____

Contact Information: Phone number/email:_____

Session 1-May 2, 2018-Giving your child tools for life:

- I will be attending this session
- I will be needing childcare for this session
- I would like the following accommodations to attend_____.

Session 2-May 15, 2018: Childhood Stress and how to cope

- I will be attending this session
- I would like the following accommodations to attend_____.

Wellness Sessions: May 15: 6:30-8:00.

Please rank your top three choices for wellness sessions below with 1, 2 and 3. You will have the chance to participate in 2 sessions for this event and we will do your best to get you into your top choices:

_____ Childhood Yoga

_____ Mindfulness and Meditation

_____ Using essential oils to manage stress and maintain a healthy family life

_____ Laughter Yoga

_____ Express and relieve stress through Art