

Family Engagement Night

The McMaster Children and Youth University challenges Ryerson families to Question, Discover, and Create with us on May 18th from 7:00PM to 8:30PM for a Family Engagement Night!

Jeopardy and trivia games will allow us to **Question** how physical fitness and sleep impact our lives. Jam boards, Kahoots and family discussions will allow us to **Discover** tools that manage anxiety and stress, and **Creating** a bag from a recycled T-shirt will reduce our impact on climate change.

This interactive virtual experience will benefit and strengthen the Ryerson community. Join us for games, group activities, life-long learning, and prizes. Hope to see you there!

Registration:

<https://docs.google.com/forms/d/e/1FAIpQLSdhFlaMJI1ibqwq4XykSFI03Yo1bqYTiInW2RVbhOcUH3t2aw/viewform>



Use your phone camera to scan the QR code!



FAMILY ENGAGEMENT NIGHT



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OR visit:

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May 18, 2022



7:00PM
to 8:30PM



Online

3 interactive workshops on recycling, stress management, and the benefits of physical activity.

A free event hosted by the
Ryerson School Council.



Door prizes!

