

Developing a Growthful Mindset in Students

Meet Nicole a Registered Social Service Worker (RSSW)



Nicole Callander

***Nicole is a Therapist at Bayridge
Counselling Center and Director
of Reach4Impossible***

***She is a general Counsellor for Teens,
Woman, Individuals with Special Needs
and Individuals with Anger Mangement
Issues***

In this seminar we will focus on:

- Self Regulation***
- Expectations vs Values***
- Anxiety and Depression***

The Seminar will be held at:

***James MacDonald School
200 Chester Ave, Hamilton
on Wednesday April 18th from 6:30 - 8pm***