*Saltfleet school is pleased to invite our feeder schools to learn about:*

Saltfleet School Council thanks the Ministry of Education’s Parents Reaching out Grant for the funds of this event.



Helping our children manage stress

Tuesday, November 15, 2016

Light dinner from 6:00 to 6:45 – RSVP by November 11 (Mrs. Scali 905-573-3000 extension 5006)

Presentation from 7PM to 9PM – walk ins welcome

Saltfleet District High School – 108 Highland Rd.

Presenter – Anne Murray, Psychology Foundation of Canada

**TOPICS**

* Overview of Stress
* Specifics for high school student with stressors, signs, and symptoms
* Physiology and Brain Development
* Strategies to support youth in managing stress
* Questions and Answers