

REGINA PUBLIC SCHOOLS PRESENTS



Wellness Workshop Parent Forum

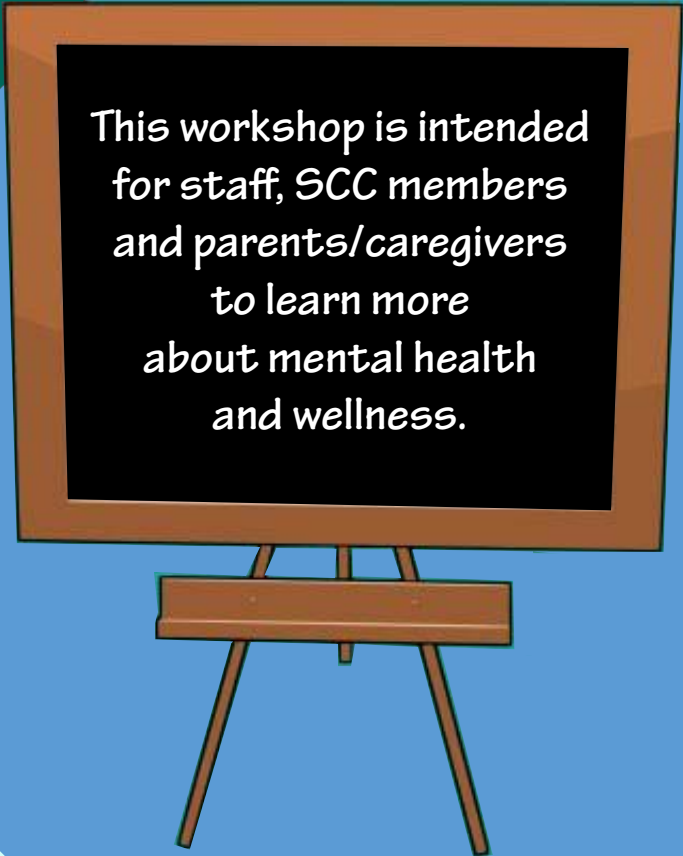
Thursday, April 2, 2020

6:30 to 8:30 p.m.

Campus Regina Public
(1069 14th Avenue East)

PRESENTERS:

- ✓ Jim Demeray (Founder of *UnderstandUs*, a volunteer initiative that combats the stigma of mental health)
- ✓ MacKenzie Sawchyn (Guidance Counsellor at Winston Knoll Collegiate to discuss *Executive Functioning, The Hidden Curriculum*)
- ✓ Dyan Roth (Regina Public Schools Occupational Therapist to present *Parent Self-Care 101*)



This workshop is intended
for staff, SCC members
and parents/caregivers
to learn more
about mental health
and wellness.

RSVP to
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by March 25, 2020.