

Hello. This is Reg Lavergne, Principal at West Carleton Secondary School. On Tuesday April 18th at 7pm we will welcome Michael Eisen to speak with parents on the topic of Wellness and Mindfulness. Here is a brief description of his presentation:

*“Creating the Empowered Family Parent Presentation:*

*In this presentation Michael shares his story of the challenges he went through as a child and teenager, how it related to his relationship with his parents and how he was able overcome those challenges and build a strong, open and loving relationship with his parents. He then shares strategies and tools on the following topics: parenting from perspective, living the empowered you to empower your kids, self-care and self-esteem, learning mindfulness techniques to decrease stress and increase energy, authentic role modelling, understanding your kids, listening to understand instead of respond, and empowered communication to help parents restore communication and repair connection in the modern family.”*

We hope that this presentation is of interest to you. To help us plan appropriately, I would ask you to please complete this google form if you plan on attending. This will help us get an idea of how many people to expect. Thank you

Link to form:

<https://goo.gl/forms/aXRvEIJx0pr5ofu33>