



Professional Support Services

# Let's Connect

ABOUT MENTAL HEALTH AND WELL-BEING

All families & caregivers are invited to our ongoing series!



# Parent Voices Feel Good February

Thursday, February 22, 2024

7:00pm - 8 pm

Intro and Break Out Sessions



St. John Ambulance

8pm -8:30pm

Guest Speaker - St. Johns Ambulance  
and Pet Show and Tell

## Introduction: Parent Partnership Committee Members

Then join us for one of these activities in the  
breakout rooms:

BR - Healing Music with 'Lifted by  
Purpose'

BR - Food Share

BR - Mindful Meditation with  
'Higher Love Wellness'

BR - Games Room with student leaders  
S4W (Students4Wellbeing)



**Mental Health  
and Well-Being**  
Parent Partnership Committee