

Helping Students Be Their Best Selves

DSBN PRESENTS

Workshops with Dr. Stan Kutcher

Achieving a sense of good mental health and wellness is so important for students. Over the course of two days in May, Dr. Stan Kutcher, a world renowned expert in adolescent mental health, will provide parents with concrete tools and strategies to help their children develop positive coping skills to deal with both stress and anxiety.

Event Dates

MONDAY, MAY 1

A.N. Myer Secondary School, 6338 O'Neil St., Niagara Falls

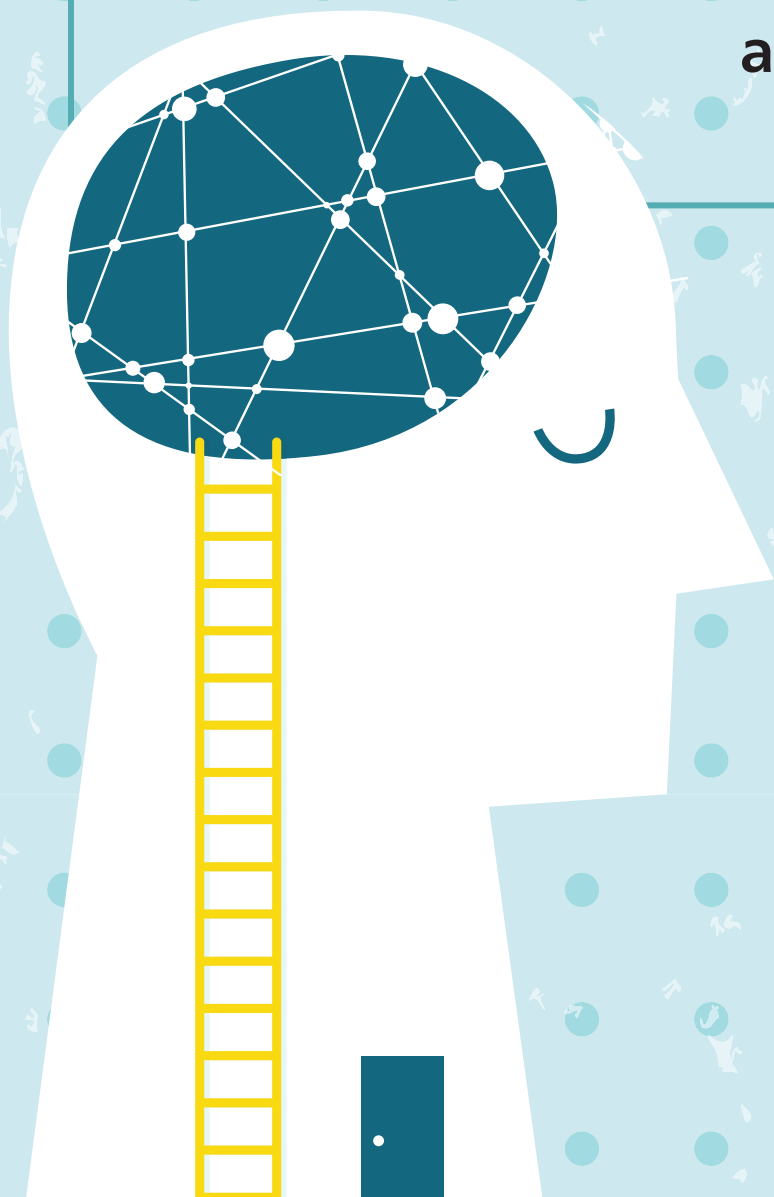
TUESDAY, MAY 2

Laura Secord Secondary School, 349 Niagara St., St. Catharines

Both events will begin at 6:00 p.m.
and finish at 9:00 p.m.

Child-minding is available at
A.N. Myer only for children ages 4-12

To register for the event and
access daycare, follow the link
on either school's website.



**I Matter
At DSBN**