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| **LET’S TALK:**  **MANAGING STRESS DURING THESE UNCERTAIN TIMES**  This will be a facilitated dialogue session over zoom for parent/caregiver(s) that are interested in learning about strategies to promote personal and family well being during these challenging circumstances as a result of the of COVID-19 pandemic.  The session will be delivered in English with acknowledgement of cultural factors that impact mental health and wellness.  The session will be oriented from a strengths and resiliency perspective in which families are seen as agents for positive change. Strategies to manage feelings of anxiety and depression will be presented with opportunities for sharing and questions.   Sukh Shergill is a practicing civic leader and consultant. He has over 15 years of experience in education, counselling and community planning.  He has earned a Fellowship in Leadership, Master’s degree in Counselling Psychology and holds Bachelor’s degrees in both Education and Science. His training practices are guided by his educational pedagogy that builds from individual and families' strengths while concentrating on the adoption of new adaptive approaches.  When: Dec 17, 2020 06:30 – 8PM Vancouver  Register in advance for this meeting:  <https://ca01web.zoom.us/meeting/register/u5ctce2rrzIsGtwZw4pNDrzCUfrVAwh4sb11>  After registering, you will receive a confirmation email containing information about joining the meeting. |  | |  | | --- | | PRESENTED BY:a freeeducation seSSION for parents and caregiversin english Nov  BN PRESENTER:SUKH SHERGILLspace is limited No | |  | | **Email questions for Sukh Shergill ahead of time to:**  **Kirsten Hermanson, Manager – Prevention and School Wellness**  khermanson@deltasd.bc.ca | |