

THE PETERBOROUGH VICTORIA NORTHUMBERLAND AND CLARINGTON
CATHOLIC DISTRICT SCHOOL BOARD



Catholic Parent
Engagement Committee

PRESENTS



Dr. Joti Samra

Children's Mental Health:

Recognizing Signs & Symptoms and Enhancing Effective Parenting Strategies

WEDNESDAY, MAY 19, 2021 – 6:45 P.M.

It's no secret that the balance of work and family life, in particular parenting, has been challenging in the last year and the effects of these challenging times on our children's mental health is on every parent's mind.

Parents are invited to join in a free online event with Dr. Joti Samra, a clinical psychologist, to learn effective skills and strategies that can help to enhance their parenting approaches so that when life is uncertain, children and parents alike can stay psychologically calm, resilient and hopeful.

This is a **FREE** online event.

Join the event at <http://pvn.cc/CPECMay19>

Click here to add to my calendar <http://pvn.cc/cpecmay19book>

