

*École Paisley Road School presents*

# **Wellness Night**

Monday May 29<sup>th</sup>

6:00 – 7:30pm

Paisley Road School Library

Do you ever feel at a loss for how to respond to your child's "big emotions"?

Want to help your child build their resilience so that they can deal with stress and better reach their potential?

**Join us for this amazing opportunity to learn how we can help our kids learn to deal with life stresses!**



Andrea Groenwald,  
Founder of Five Star  
Relationships,  
joins us for an information  
question & answer session



**Kids' Wellness Session at the same time!**

\*\*Please reserve a spot\*\* for your child/children – email us: [paisleyRSVP@gmail.com](mailto:paisleyRSVP@gmail.com)