

We are bringing back the **Parent Involvement Committee (PIC) Virtual Speaker Series!** Parents and guardians are invited to join **free, interactive presentations** throughout the school year, and get valuable information and advice from influential speakers on topics meaningful to students and families.

Upcoming Presentations:

- **November 24: Dr. Jean Clinton** on How to Assist Children & Young People through Challenging Times
- **December 8: DSNB Social Workers** on Anticipating and Coping with Holiday Stress
- **January 19: Anne Murray's** presentation on Taking Care of You



GIVEAWAY: When you register for our first event, you could receive a **FREE BOOK** by Dr. Clinton!

Registration and event information link: <https://www.dsnb.org/pic/speakerseries.html>

More presentations and dates will be announced for 2022! Follow your favourite DSNB social media channel to get updates.



The last year has been stressful, and our first speaker is ready to address it. Dr. Jean Clinton is a highly respected and experienced Clinical Professor at McMaster University with the Department of Psychiatry and Behavioural Neurosciences, Child Psychiatry. She will focus on the power of relationships, how to buffer children's stress and build resilience, and how to make stress more predictable and manageable for all.

Virtual Speaker Series, Topic 1: Rising to Resilience - How to Assist Children & Young People Through Challenging Times

- Date: Wednesday, November 24, 2021
- Time: 6:30 - 8:00 PM