



A Parent's guide to helping children

RISE Above Life's Challenges

Resilience- Independence-Stress Management-Energized Focus

This workshop provides parents with strategies to help their children to:

- 1 Improve their focus for better academic results
- 2 Be confident and assertive in daily communication with peers
- 3 Use stress and anxiety management techniques to cope with challenges

"If only every child knew that an obstacle is success in disguise."
G. Griffith



Adam Clark



Nathalie Mailhot



Gail Griffith

Our presenters will provide parents with practical strategies to help their children improve their learning experience by rising above poor focus, low self esteem, anxiety and stress. The information is based upon Épique, Inc. programs FLOW, Speak Up and BREATHE.

www.epiqueinc.com

Wednesday, January 20th 7:00 – 8:30 pm

To register for this **FREE** online workshop please email your name and school to:

Gail Griffith

epiquegail@gmail.com

The zoom invitation will be sent to you.

*This workshop is limited to the first 100 participants.