



# Katzie Elementary



Presents...

A special information and chat session for the parents of our community on:

## Supporting your Child's Big Feelings and Worries

### Our guest speaker is: **Alison Bell**

Alison Bell is a Registered Clinical Counsellor and the clinical director at Alison Bell and Associates Counselling Group and the Connected Change Therapy Centre in Surrey, BC. She has been providing counselling services to children, adolescents and their families for over 15 years and has had the pleasure of working with many families as they navigate the challenges of emotionally and behaviourally supporting their child. Alison has a deep commitment to empowering parents to gain the confidence and skills to support their child as they navigate through "big feelings" and worries. Workshop participants will gain insight into their own reactions and practical tools to respond to emotions in their loved one in a more supportive and effective way.

**Date: Tuesday, May 16, 2017**

**Time: 6:30 – 7:30**

(Doors open at 6:15pm)

(Coffee and treats will be provided by the PAC.)

### **Please RSVP by Thursday, May 4, 2017**

Please return the form below or email the school if you are able to attend the session on May 16<sup>th</sup>.

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- Number of adults attending. \_\_\_\_\_
- Number of children needing childcare? \_\_\_\_\_  
Childcare, for children 2 years and up, will be provided by Grade 6 and 7 students.
- You can also RSVP by email at: [katzie@surreyschools.ca](mailto:katzie@surreyschools.ca)  
Please make sure in the email that you include all of the above information.

Name: \_\_\_\_\_