

Preparing Kids for School

Exploring Challenges and Solutions with a Psychotherapist

Starting a new school year is exciting but can also bring challenges. Participants will learn practical strategies for setting achievable goals, explore how strong communication skills can ease adjustment, and discover school and community resources designed to support success.

Whether you're a student or a caregiver, this workshop will provide tools to foster confidence, resilience, and balance throughout the academic year.

YOU WILL LEARN

- Habits that support optimal wellness
- Healthy routines
- Stress management

WHO IS ELIGIBLE

- Permanent resident
- Convention refugee



WHEN

Saturday October 4th, 2025 | 1pm-2:30

WHERE

3227 Eglinton Ave E, Unit 135
Scarborough, ON
M1J 3M5

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THERAPY