

# SchoolsPlus

Presents

## WORKSHOP WEDNESDAYS for parents and caregivers

In collaboration with community partners

A series of free, virtual presentations designed to provide evidence-based information and support on a variety of topics related to parenting, child-development and issues faced by families in Lunenburg and Queens Counties.

**February 23, 2022 6:30 - 8:00 PM**

Mindfulness & Bed time

Presented by Shannon Squarey &  
Rachel Lathrop, School Psychologists

[https://zoom.us/j/95675  
149785?](https://zoom.us/j/95675149785?pwd=VXBBMzFuYzRoTFZqSEFMZVBsd1YxUT09d)

[pwd=VXBBMzFuYzRoTFZ  
qSEFMZVBsd1YxUT09d](https://zoom.us/j/95675149785?pwd=VXBBMzFuYzRoTFZqSEFMZVBsd1YxUT09d)

**March 9, 2022 6:30 - 8:00 PM**

Calming Strategies for Teens

Presented by Daisy Coleman, RSW

Join me to learn ways to support your teen with regulating their emotions, coping with stress and problem solving difficult situations. Specific strategies and resources will be provided.

\*Click the above zoom link to access the workshop at the scheduled times

To register or for more info, contact  
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