

Glenwood Elementary: Winter 2020



I AM AWESOME (GR. 1-3)

The Family Education and Support Centre, in partnership with SD42, is thrilled to present "I Am Awesome." This course is designed to help young individuals with communications styles, triggers, "I" statements, looking at their special inner qualities, how to deal with stress and how to be a friend.

We believe that if young people today have the knowledge and skills to believe in themselves then their capabilities are endless.

Mondays, 2:30pm – 4:00pm

February 10 – March 9 (no class Feb. 17)

Registration fee: \$25

To register: <http://schooldistrict42.perfectmind.com>

For more: Drea Owen 604.346.9815 or drea_owen@sd4.ca

