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Dear Parents and Guardians,

We hope this message finds you well. We understand that parenting can be both rewarding and challenging, especially in today's rapidly changing world. As part of our ongoing commitment to support you in nurturing your child's well-being, we are excited to invite you to a special information session.

This session is presented by Dr. Shawn Reynolds. Dr. Reynolds is one of our Inclusive Learning Team psychologists with St. Albert Public Schools. He has worked as a psychologist for over 20 years, and has focused his work on strategies to help students reach their academic and emotional potential while emphasizing their strengths. He presents regularly on a range of areas, including anxiety, resiliency, autism, and overall mental health. He has two daughters, and has learned more about parenting in everyday life than in graduate school.

**Topic:** Raising Resilient Youth and Managing Anxiety

**Date:** Tuesday, October 24th, 7:00 PM at Lorne Akins (4 Fairview Blvd) OR Wednesday, October 25th, 7:00 PM at Lois E Hole (120 Everitt Drive)

In an effort to reach as many parents as possible we are excited to provide the same session twice. Your child does not need to attend the school for you to participate in the evening. Both sessions will be the same and will address strategies geared toward children aged 5 to 15. Please pick what night works best for you.

In this session, we will delve into the vital subject of anxiety and provide valuable insights and strategies to help you raise resilient and emotionally healthy youth. We understand that anxiety can affect children and adolescents in various ways, and as parents, it's essential to equip ourselves with the knowledge and tools to support our children effectively.

Please RSVP by October 20th to ensure we have enough materials and space for all participants. [You can RSVP by completing the form HERE](#). Please note this is a parent only session, we hope this allows enough time for you to arrange child care.

This session promises to be both informative and empowering, providing you with practical tools and knowledge to better support your child's emotional well-being. We can't always prepare the path ahead for our children, but we can work to prepare our children to walk the path ahead.

*Cindy Jeffery (she/her)*  
Learning Support Facilitator/School Counsellor  
Lois E. Hole School