



**FREE WORKSHOP FOR PARENTS  
AT TUMPANE PUBLIC SCHOOL**

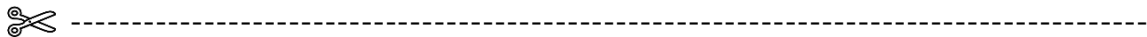
**Health and Well-Being  
Stress Management Workshop**

- Understand the ways you react to challenges in your life
- Learn how stress impacts your health
- Learn new ways to cope with stress and improve your mental and physical well-being

Where: Tumpane Public School – Room 109  
 When: Monday March 27, 2017  
 Time: 9:00 am to 10:30 am  
 Facilitator: Toronto Public Health

**Refreshments will be provided**

Please return the section below to your child’s teacher by March 23, 2017 to reserve a spot. For more information, please contact **Amparo Moreno - Settlement Worker 416 500 6225 or email: Lmoreno@nych.ca**



**Stress Management Workshop- Monday March 27, 2017**

**Parent Name** \_\_\_\_\_ **Phone** \_\_\_\_\_