

Managing anxiety

through strengthening belonging and connection in school:

Are you concerned about mental health in our school community?

Your school is involved as a Mental Health Flagship School and is implementing leading-edge strategies to strengthen relationships and manage day-to-day anxiety and worries.

Want to learn more?

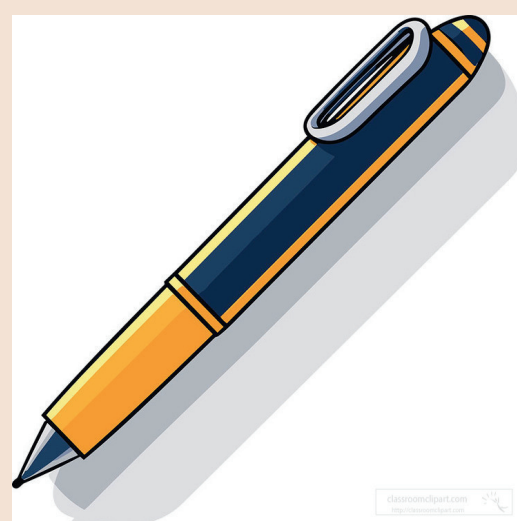
**YOU ARE INVITED
TO A DISCUSSION AND PLANNING HOUR
MARCH 11, 2025
LAKELAND RIDGE SCHOOL
101 CRIMSON DRIVE, SHERWOOD PARK
6:30 TO 7:30 PM**

What can adults do to help children and youth regulate their emotions and behaviour for greater success?

How can we use specific relational strategies such as affective statements and family agreements to support brain development, learning and optimal wellbeing?

RSVP [here](#)

**Childcare provided on site
(must request upon RSVP)**



Snacks and beverages provided