



## VIHA Sponsored Workshop for SD 64 'Parenting With Heart' Workshop

**Who:** All SD64 parents and guardians welcome!

**What:** 1.5 hour workshop with refreshments/snacks provided.

**When and Where:** Tuesday February 4th 7.00-8.30p.m.

Fernwood School Library

**Facilitator:** Christa Campsall, BEd, DiplSpEd, MA  
Christa is a parent of two sons, both GISS grads, and grandparent to 4 kids, aged 5 - 12.

For more than 30 years Christa was in service in SD 64 at the primary, intermediate and secondary levels as: Classroom Teacher, Learning Services Teacher and Teacher-Leader of School-based Teams.

Christa is author of the new K-12 *My Guide Inside* Curriculum. [www.myguideinside.com](http://www.myguideinside.com)

**Topics:** Finding Hope, Thinking and Resilience, Tapping Kids' Resilience, Separate Realities, Navigating Moods and Keeping Your Bearings for the Long Haul.

Workshop is free thanks to the sponsor: VIHA Community Wellness Grant. Refreshments/snacks are compliments of Country Grocer on Salt Spring.



For more info and to register please contact:

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