

The Parent Involvement Committee is delighted to present this virtual presentation for parents.



Join us on Wednesday, May 31 at 6:30 p.m.

This parent night will be hosted via [Teams](#).

RSVP by May 27th [here](#)

Parents play a very important role in helping their children develop the skills they need to navigate life's uncertainties.

The Umbrella Project is dedicated to helping you and your children learn these skills of emotional wellbeing in a fun, easy to implement way in order to help your family thrive in all of life's weather.

PARENTING TO BUILD RESILIENT CHILDREN by Dr. Jen Forristal of the Umbrella Project.

N.D, Founder of The Umbrella Project

In this workshop, Dr. Jen will provide five simple steps to build and sustain strong and resilient children. This will include strategies and activities to further enhance a child's understanding of their coping skills and how to put them to practice.

These methods will specifically consider the unpredictable and challenging nature of our current environment.

