'UPower is our own personal power to choose our actions, reactions and beliefs regardless of the circumstances.'

WEDNESDAY January 28th
7:00 – 8:30 pm
LACKNER WOODS PS PRESENTS

PARENTS UPOWER CONCERT
3 + 1 HABITS OF RESILIENT FAMILIES

This is an adults only presentation

As parents and educators we must be diligent in supporting the development of **Resilience** and **Respect** in our children.

Not only are many young people disrespecting themselves and others because they 'feel' like it, they are also having difficulty bouncing back from challenging times.

Sara Westbrook will provide parents and guardians practical strategies for coaching their children in the skills necessary to guide them to make choices from a place of **Respect** and **Confidence** which in turn creates **Resilience**.

To learn more about Sara Westbrook please visit www.sarwestbrook.com

'Live in the moment and choose to live in a way you will be proud of for the moments to come.'