



## **The Parent School Support Committee Presents**

Canadian Mental Health Association of New Brunswick, in a series of Wellness Presentations for our school community

### **Come Join us for:**

#### **Nurturing Self-Esteem in Children: Thursday, April 20<sup>th</sup>**

Time: 7:30-8:30 pm

Join us in person at Gesner for viewing and discussion, or virtually from wherever you are.

Light snacks will be available for those attending in person.

Looks at the reasons why self-esteem is so important and answers the question, where does self-esteem come from? We examine self-esteem in children and the developmental stages. Questions like does my child have low self-esteem? And where do parents fit in? are examined. We look at communication skills for fostering self-esteem and your child in the world, self-esteem, and school.

#### **Thank you for joining us on March 30<sup>th</sup> for the Coping Toolbox**

**Our last presentation will be:**

**Positive Attitude: Thursday, May 25<sup>th</sup>**



Canadian Mental  
Health Association  
*Mental health for all*

New Brunswick