

# You're invited to Empower Hour



## WHO

All parents,  
guardians and  
caregivers of  
students at Sardis  
Elementary School



## WHAT

Join School Counsellor, Ronni Fast  
and Child and Youth Care Worker,  
Shelby Campbell for an opportunity  
to learn and have conversation  
around the topic of **Emotional  
coaching for big feelings.**

Coffee and refreshments provided



## WHEN/WHERE

**Monday April 14th**

**1:00pm and 6:00pm**

(please choose 1 timeslot that  
works best for you. They will be  
approx 1 hour long)

**Sardis Elementary School**

## RSVP

Please let us know if you plan  
to attend and specify which  
time, by either emailing

**Ronni**

**ronni\_fast@sd33.bc.ca**

or

**Shelby**

**shelby\_campbell@sd33.bc.ca**

