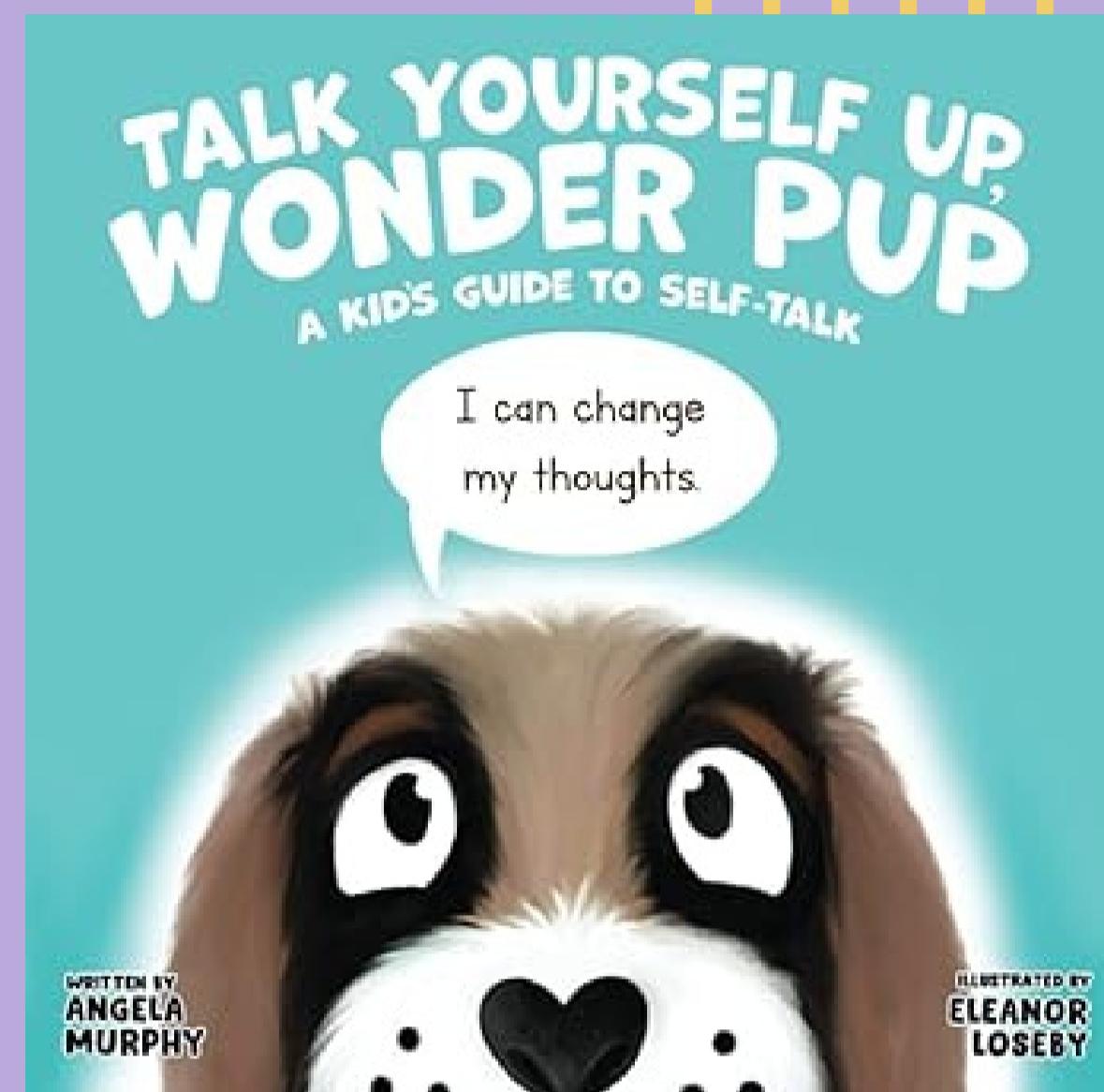


# Empower Hour Presents... *Angela Murphy*

Calling all parents/guardians! Are you interested in learning how to better support your child's **self-regulation and positive self-talk**? Join us for an evening of learning with author Angela Murphy!

“I’m so stupid!” “I’ll NEVER get this!” “I give up.” Sound familiar? Learn how to recognize and change harmful thoughts to helpful thoughts in a kind and caring way.



- Open to all Sardis parents, guardians/caregivers
- Cost: Free
- Childcare available (space is limited so register soon)
- Refreshments provided

**Thursday  
January 22  
6:00-7:00 PM  
School Library**

**Register Now:**

Email [ronni\\_fast@sd33.bc.ca](mailto:ronni_fast@sd33.bc.ca)  
or  
[shelby\\_campbell@sd33.bc.ca](mailto:shelby_campbell@sd33.bc.ca)