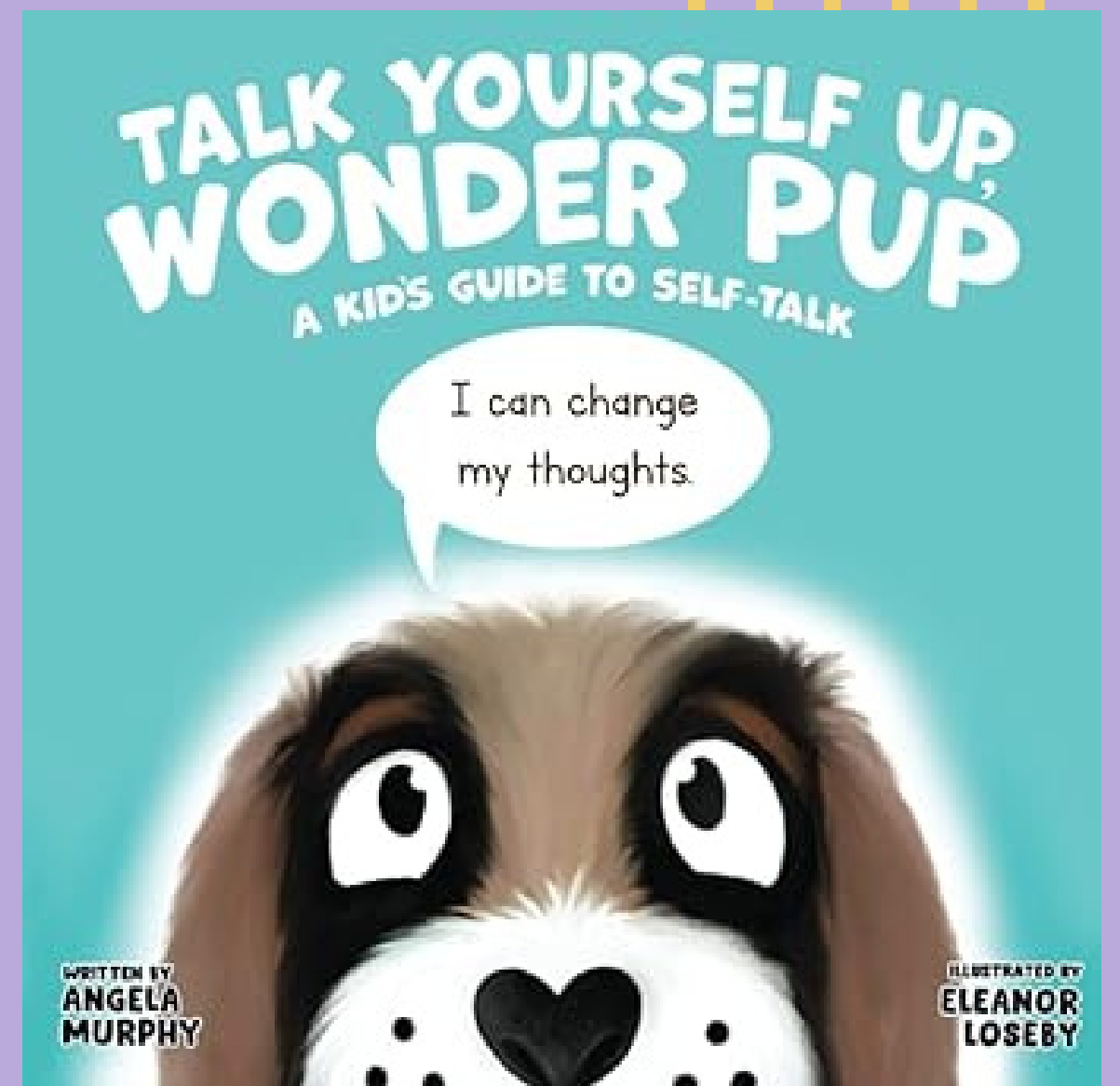


Empower Hour Presents... *Angela Murphy*

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
or
shelby_campbell@sd33.bc.ca