

Horizon School Division's
Family School Liaison Program presents

Virtual Parent Wellness Sessions



In collaboration with community agencies our objective is to offer virtual information sessions from local experts and provide resources to parents around topics that promote wellness for their families and themselves.

horizon⁺
school division

Sessions are offered from **12 to 1 pm** and are recorded for later viewing. Follow the link for more information: [Horizon Parent Wellness](#)

Upcoming session schedule:

- **October 28** - Grief and Loss During these Changing Times with Tanie Reid-Walker
- **November 10** - Positive Behaviour Intervention Strategies with Laura Elliott
- **November 25** - How to Talk to your Child about Substance Use with Alana McPhee
- **December 9** - Suicide Awareness with John Thompson