



FREE Conference for ALL

Presented by...

The SWLSB Special Education Advisory Committee

TUESDAY, February 19th, 2019 ❖ 7:00 – 8:30 PM

~ CONFERENCE TOPIC ~

Work-Life Balance, Self-Care & Resilience

SPEAKER: *Dr. Jewel Perlin, Ph.D., Psychologist*

Ordre des psychologues du Québec (OPQ); Ordre des travailleurs sociaux et des thérapeutes conjugaux et familiaux du Québec (PSW) (B.A. Psychology, B.S.W., M.S.W., Ph.D., Counselling Psychology; McGill University)
Counselling since 2000

Work-Life Balance, Self-Care & Resilience by Dr. Jewel Perlin (as seen on Breakfast Television).

1 in 4 Canadian workers described their day-to-day lives as highly stressful. Finding a suitable balance and juggling the demands between work and daily living can be a challenge. The ability to successfully combine work, family commitments, and personal life is important for our happiness and wellness.

This interactive, informative, and practical workshop focuses on understanding the key concepts of work life balance, self-care and resiliency. The participants will be introduced to a multidimensional model of self-care. They will learn ways to build daily self-care practices and maintain balance using the principals of positive psychology. Participants will discover resiliency strategies that can improve their self-care and happiness.

YOU CAN ATTEND IN PERSON - LOCATION: Sir Wilfrid Laurier School Board

235, montée Lesage, Rosemère, Québec J7A 4Y6

(Maximum seating capacity: 60 people)

If attending in person, deadline to register: Monday, February 18th, 2019

OR

WATCH IT ONLINE HERE ⇒ <http://bit.ly/swlsbseac>

REGISTER HERE ⇒ <http://bit.ly/SEACFEB19>



COMMISSION SCOLAIRE SIR-WILFRID-LAURIER
SIR WILFRID LAURIER SCHOOL BOARD