



## FREE PARENT WORKSHOP



March 19, 2024  
7 - 9 p.m.  
Via ZOOM

The Special Education Advisory Committee, in collaboration with the Centre of Excellence - School Climate and the Sir Wilfrid Laurier School Board are pleased to offer an engaging and informative workshop for parents.

## THE IMPACT OF STRESS ON CHILDREN, ADOLESCENTS AND CAREGIVERS: WAYS TO FOSTER WELL-BEING

One of today's inescapable dilemmas is that we have an unprecedented focus on youth SEL, mental health and wellbeing at a time when the adult communities surrounding our youth are often struggling as well. There is little question that the level of tension, fear, and exhaustion have reached the tipping point for many families. Yes, in order for our youth to *be well* they need the support, guidance, and steady hand of those adults with whom they regularly interact (both caregivers and professionals). In this workshop we will examine a model that illustrates the difference between stress (a positive and necessary experience for us) and distress (a potentially harmful experience), as well as some tools necessary to support the wellbeing of our youth and families.

**[CLICK HERE](#) to RSVP by: March 15**

The ZOOM link will be sent by email to those who RSVP



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



**Dave Melnick, LICSW** is the Director of the Transforming Trauma Collaborative at the NFI Family Center. For the past 40 years, Dave has worked in a variety of clinical settings including outpatient, residential treatment, and in public and day treatment schools. Along with his focus on Developmental Trauma, Dave has expertise in family therapy, adolescence, attachment, Reflective Practices, and Trauma-Informed Systems. He has provided trauma-informed services to over 250 schools in Vermont, as well as those in NY and Quebec. In 2015, the ChildTrauma Academy (CTA) acknowledged that Dave had completed NMT Training Certification through the Phase II level, and between 2017-2021 he was a Fellow at the CTA. Dave teaches graduate classes for the Vermont Higher Education Collaboration (<https://www.vthec.org/>) and is a presenter and consultant in Vermont, New York, California and Canada.