

Family WAAG

May 5, 2025 – May 9, 2025



BURNETT WAAG

Monday May 5 (ABCD)	Tuesday May 6 (BLT - ABCD)	Wednesday May 7 (ABCD)	Thursday May 8 (BLT - ABCD)	Friday May 9 (Conference Day)																																																																																																						
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ATHLETICS

For information about Burnett Athletics and Teams, please see the link on our [website here](#).

CAREER CENTRE – POST SECONDARY PLANNING

Check out our career centre website for upcoming student presentations and important information related to post-secondary planning! [Click here!](#)

PAC

Families can contact Burnett's Parent Advisory Council at jnbpac.general@gmail.com.

School Counselling Services – Book an Appointment Online

You can now book an appointment with your school counsellor online! Click on the [Counselling Centre](#), and book your appointment. Please note, we no longer accept appointment requests via email.

Summer Learning 2025

The Richmond School District offers fun and engaging summer learning programs where you can explore new interests, learn new skills, review or preview academic courses, or complete a full credit course. Registration for secondary academic courses starts on May 5th. [Click here](#) for the Summer learning catalogue.

Career-Life Conference (May 9, 2025)

It's our last Conference Day of the year! It's a full day of learning and celebrating. Students will all have the opportunity to watch and listen to grade 12 Capstone Projects, complete a brief Student Belonging Survey as well as listen to outside guest presenters. We're looking forward to a great day!

Jump Rope for Heart – Grade 8's & 9's at Conference Day

Our school is excited to participate in Jump Rope for Heart this year! Our students will discover fun ways to get active, practice healthy habits and learn about helping others while raising money to beat heart disease and stroke. Our Event Day is set for May 9. Please visit [HERE](#) for more information.

Music Monday – May 5, 2025

Music Monday is on Monday, May 5th. Come enjoy a concert featuring various Burnett music programs, along with special guests from Cook Elementary. Entry is free. The concert starts at 6:30 p.m. in the large gym. There will be a concession on site as well as a silent auction — so bring your cash! We hope many of you can attend to support your friends in music.

Mental Health Week May 5-9

Next week is national Mental Health Week and the focus this year is "Unmasking Mental Health." This theme emphasizes the importance of breaking down stigma, addressing hidden struggles, and encouraging open, honest conversations about mental health. The goal is to foster safe spaces where people feel free to share their experiences and seek support without fear of judgment.

Our counselors will provide students with daily mental health strategies and resources. Please see below for the in-person and virtual events on mental health scheduled next week.

DATES TO REMEMBER:

May 5-9	Mental Health Week
May 5	Grade 8 Literacy Assessment
May 5	Music Monday – National Day of Music
May 5	Come Study in the Maritimes Night at York House School
May 8	PAC Meeting @ 7pm
May 8	Music in Our Schools @ Gateway
May 8,9	School Play "She Kills Monsters" @ 7PM Click here for tickets
May 9	Conference Day / Capstone Presentations
May 12	Wesak/Buddha Day
May 13	Collaboration Day (School Starts at 9:30)
May 15	Gr. 10 Trip to Playland
May 16	Non-Instructional Day (School Closed to Students)
May 19	Victoria Day (School Closed)
May 22	Learning Progress Update Sent Home by Teacher
May 26	Grade 7 Orientation Day
May 27	Richmond School District Indigenous Achievement Ceremony
Jun 5	PAC Meeting @ 7 PM
Jun 13	Grad Dinner Dance
Jun 18	Awards Celebration (Gr 8-12) 6:00-7:30pm
Jun 20	Last Day of Semester 2
Jun 23-26	Learning Completion Days
Jun 24	Valedictory Rehearsal & Grad BBQ
Jun 26	Summary of Learning Reports Published in MyEd

PHONE POLICY REMINDER

Please be reminded:

- Students should not use personal digital devices during instructional time, unless permission is granted by the supervising staff for educational purposes.
- When not permitted, personal digital devices should be powered off and secured inside a student's backpack, locker or secured location.
- [Policy 104-G \(A\): Acceptable Use of Personal Digital Devices](#)
- [Policy 105: District Code of Conduct](#)

AP Exam

Students registered in AP Exams have received information via email. Students should also check their AP College Board account for more details.

Exam	Date/Time	Location
AP Biology	May 5, 8am	MacNeill
AP Calculus AB/BC	May 12, 8am	Burnett
AP Chemistry	May 6, 8am	Burnett
AP Chinese Language & Culture	May 9, 12pm	Burnett
AP English Language & Composition	May 14, 8am	Boyd
AP English Literature & Composition	May 7, 8am	Burnett
AP Physics 1	May 16, 8am	SLSS
AP Physics 2	May 13, 12pm	McRoberts
AP Psychology	May 16, 12pm	McRoberts



BURNETT W.A.A.C

Safety and Traffic Guidelines

We encourage students to walk or bike to school – there are significant health benefits to doing. Walking would also help to ensure the safety of our students and reduce traffic congestion during busy times. If families insist on driving, we kindly ask everyone to follow these important guidelines:

- **Right Turn Only:** During peak hours (8:15–8:45 AM and 2:45–3:15 PM), please remember that only right turns are allowed when exiting the school at both the south and west exits onto Granville.
- **No Roadside Drop-offs:** For the safety of all, please avoid dropping off children at the side of the road or on the median on Granville and McCallan.
- **Pick Up in the Parking Lot:** Please pick up your children in the parking lot instead of the drop-off lane to keep the flow of traffic moving.
- **Avoid Double Parking**
- **Encourage Walking or Biking:** If possible, encourage your children to walk or bike to school. It's a great way to promote independence and stay active.
- **Drop Off a Few Blocks Away:** Consider dropping your children off a short distance from the school to help ease parking lot congestion.
- **Leave a Few Minutes Early:** Giving yourself a little extra time can help you avoid the rush and make the drop-off process smoother.

We appreciate your support in helping us create a safe and efficient environment for all our students and families. Thank you for your cooperation!

Burnett Learning Time (BLT)

Burnett Learning Time (BLT) will provide opportunities for students to deeply engage with and manage their learning. Teachers clearly communicate *which staff* and *which learning spaces* are available for BLT on Tuesday and Thursday morning in their classes and on our *EASY Weekly Planner*. *Students use their student number as both username and password to login.* Learning spaces will include teacher's classrooms and large common spaces like the multi-purpose area, center court, the library learning commons, and some of our fitness areas. **Each space will have a capacity limit.** It is important for students to book their learning space requests in advance on the weekly planner website. **To sign-up students can go to burnett.myweeklyplanner.net and select their BLT session or sessions. Sign up is now open.**

Guiding Principles for Burnett Learning Time

- BLT is Self-Directed, Self-Managed, and Self-Regulated
- BLT Enhances Curricular and Core Competency Development
- BLT Builds on Individual Passions
- BLT supports Self-Care, Self-Awareness, Physical/Mental Health

Possible options for students during Burnett Learning Time:

- complete homework, reading, journaling, reflecting
 - work on projects with classmates, receive learning support in the learning centre, get extra support, from staff
 - community service, work experience, and clubs
- improve both physical and mental health receive counselling support



SCHOOL COUNSELLING SERVICES

YOU TALK, WE LISTEN AND GUIDE YOU.

WHAT WE OFFER:

- EMOTIONAL SUPPORT
- ACADEMIC SUPPORT
- PSYCOEDUCATION
- PROGRAM PLANNING
- SCHOLARSHIP INFORMATION

MAKE AN APPOINTMENT TODAY!



[HTTPS://TINYURL.COM/JNBCOUNSELLING](https://tinyurl.com/jnbcounselling)

JNB Theatre Company Production:

JNB Theatre Company presents "She Kills Monsters: Young Adventurer's Edition" by Qui Nguyen, Playing May 1,2,8,9 2025. Tickets on sale NOW – follow the QR code on the poster or [click here!](#)

She Kills Monsters tells the story of high schooler Agnes Evans as she deals with the death of her younger sister, Tilly. When Agnes stumbles upon Tilly's Dungeons & Dragons notebook, she finds herself catapulted into a journey of discovery and action-packed adventure in the imaginary world that was her sister's refuge. In this high-octane dramatic comedy laden with homicidal fairies, feisty monsters, battles, brawls, and 90s pop culture, acclaimed playwright Qui Nguyen offers a heart-pounding homage to the geek and warrior within us all. Don't miss this AMAZING show coming to Burnett!!!



MAY 5/25 Come Study in the Maritimes Night, York House School, Vancouver 6:30-8:30

The presentation will mostly be about the presenters' own personal experiences on these campuses, with the fair portion being where folks can find more specific program information. The right option at the right sized school for you might be in Atlantic Canada! Schools attending are: Acadia (Wolfville, Nova Scotia), Cape Breton University (Sydney, Nova Scotia), Dalhousie University (Halifax, Nova Scotia), The University of King's College (Halifax, Nova Scotia), Mt. Allison University (Sackville, New Brunswick), St. Francis Xavier University (Antigonish, Nova Scotia), St. Thomas University (Fredericton, New Brunswick). There will also have information on hand from the University of New Brunswick (Fredericton or Saint John).

Asian Heritage Month

May is Asian Heritage Month. This is an opportunity for us to learn more about the diverse culture and history of Asian communities in Canada, as well as to acknowledge the many achievements and contributions of people of Asian origin who, throughout our history, have done so much to make Canada the country we know and love.

Canadian Jewish Heritage Month

The month of May is recognized as Canadian Jewish Heritage Month, a time to celebrate the inspirational role that Jewish Canadians have played in communities across the country. They have made significant contributions to many areas of Canadian life, including law, politics, culture, and sports. This month is a chance to honour their lasting impact and rich heritage.

Speech and Hearing Month

May is Speech and Hearing Month, a time to raise awareness about the importance of communication health and the vital role that speech-language pathologists and audiologists play in helping people of all ages overcome communication challenges.

Community News and Resource

RASS presents

APRIL 17 - MAY 29
Red Hot Youth 2025

JOIN NOW

Location: Alternating Thursdays starting with week 1 @ the Media Lab Annex (across from the Richmond Library) and week 2 @ RASS - 8080 Anderson Rd, Richmond

Time: 4-6pm

Be yourself and explore your freedom of expression and resilience! Psychosocial and peer support available with counselors and city staff with a spotlight on arts and empowerment with RYMP Create Space Drop ins-

Contact: emily@supportingfamilies.ca or mmascorino@richmond.ca

Tuesday, May 6th
Doors at 5:30pm
Film Starts at 6pm

Ralph Fisher Auditorium
Richmond Hospital
7000 Westminster Hwy

Free Parking in the "Permit Parking Only" lot off of Westminster Hwy. For film guests only.

Light refreshments will be provided.

Free Film Screening!
Mental Health Week

With a post-film discussion about youth mental health.

PATHWAYS
Vancouver Coastal Health

Canadian Mental Health Association
Mental health for all

There's more to me.

Open and honest conversations connect us all.

#UnmaskingMentalHealth

CMHA Mental Health Week May 5-11, 2025 MentalHealthWeek.ca

PUBLIC WORKS OPEN HOUSE

Saturday, May 10, 11:00am-3:00pm
City Operations Yard, 5599 Lynas Lane
richmond.ca/PWOpenHouse

Come out with your friends and family to enjoy the fun!



CONNECT & LEARN WITH US!

In Person Community Events for Parents & Caregivers

Location: MacNeill Secondary School (library), 6611 No 4 Rd, Richmond

Date: Thursday, May 8, 2025

Time: 6:30 - 8:00 PM

FamilySmart

RICHMOND INTERNATIONAL EDUCATION

VOLUNTEER NEEDED

Do you want to gain more volunteer hours in the summer?

Volunteer at Richmond International Education Summer Camp 2025!

- Jul 7 - Aug 15, 2025
- Volunteer for 1 Week or More

For more information, please see Mrs. Collins

Community Vigil

For the Lapu-Lapu Festival Tragedy

RICHMOND CULTURAL CENTRE PLAZA
7700 MINORU GATE

Sunday, May 4, 2025
2pm - 4pm

A community gathering to share flowers, candles, thoughts and presence to commemorate those affected.

Please try to arrive by transit due to limited parking

We're hiring!

Applications are currently being accepted for Summer Leader positions.

Summer Leaders instruct and assist program activities on a day to day basis. Scan the QR code to learn more!

Visit richmond.ca/associationcareers for the most up to date information.

Richmond Associations are partnering with Canada Summer Jobs to provide valuable youth employment experiences.

RICHMOND SCHOOL DISTRICT'S *Lucky 13* ANNUAL

SATURDAY 24 MAY 2025

FUN SCHOLARSHIP BIKE RIDE

This relaxed, easy, 2-hour event is open to all members and supporters of the Richmond School District. All donations are tax deductible and the ride is flat and very easy, and then we enjoy a post-ride barbecue lunch, all while raising scholarship funds for graduating students at each of Richmond's 10 secondary schools. We also ride in memory of two dedicated Richmond educators and passionate cyclists. Please join us for our 13th anniversary ride on Saturday, May 24 - everyone is welcome and all donations are appreciated!

SATURDAY, MAY 24 at 10:00 AM

Meet at Burnett Secondary with your bike and helmet!
Donate online - all proceeds go towards scholarships
Enjoy a post-ride barbecue lunch
Donate and Register here:
<https://tinuri.com/SD38Ride2025>

RICHMOND SCHOOL DISTRICT NO. 38

Richmond International Education Homework Hangout Club Volunteer Opportunity

- Helping international students improve English skills
- Developing leadership skills while helping fellow students
- Opportunity to learn more about different cultures
- Building lifelong friendships

Be a leader in the Homework Hangout Club for international students!

Dates: March 3 – May 29, 2025
(not in session - 3/17, 3/20, 3/24, 3/27, 4/21, & 5/19, 2025)

Schedule: Mondays & Thursday, 3:45 pm – 6:15 pm
Location: RIE office (7811 Granville Ave.)

Notes:

- Interested volunteers must be available to attend at least 12 of the scheduled sessions.
- If you are unable to attend any of the agreed-upon sessions, please contact the Student Support Manager at rchen@sd38.bc.ca ASAP, preferably 5 days before the session.
- A letter will be provided at the end of the program, which can be used to count toward the volunteer hours required for graduation.

Don't miss out. Come join the fun. Questions? Contact Rose Chen at 778-296-4259 or rchen@sd38.bc.ca



Scan QR code to sign up

Richmond International Education
Richmond School District
7811 Granville Ave.
Richmond, BC
V6Y 3E3
Studyinrichmond.sd38.bc.ca



THE UNIVERSITY OF BRITISH COLUMBIA
Department of Orthopaedics
Faculty of Medicine

Women in Orthopaedics (WORTH) Workshop

Want to learn more about careers in healthcare or engineering?

This workshop is open to *all young women (grades 10-12)*, including women-identifying individuals and non-binary and gender non-conforming students.

Sign up using the QR code below!

WHEN: SATURDAY, JUNE 7, 2025 | 8:30AM-3PM
WHERE: BC CHILDREN'S HOSPITAL, VANCOUVER*

Deadline to apply: May 24, 2025



* EXACT LOCATION WILL BE SENT OUT AFTER CONFIRMATION



S.U.C.C.E.S.S.



SCAN TO REGISTER

Community Leadership Initiative (CLI)

Are you passionate about making a difference in your community? Receive a **microgrant** to pioneer a community engagement project!

For more information:
www.successbc.ca/cli
CLI@success.bc.ca | 236-880-8428

Workshops | Field Trips | Trainings | Hands-on Experience

Empowering youth to make a difference in their community through leadership & civic engagement

- Eligibility criteria:
- Ages 15-30 (inclusive)
 - Canadian citizen, permanent resident, or government-assisted refugee
 - A passion for creating inclusivity in your community



FUNDED BY CANADA SERVICE CORPS Canada

D'HoPE PROGRAM

Want to learn about the typical day in the life of a health professions student and clinicians? Want to hear about an exciting summer program? Join us on May 1st!

What?

- An online panel discussion designed for equity-denied* youth to hear about what a typical day in the life of a student in a health professions program or a practicing clinician looks like.
- Discussions about the upcoming summer program.

*Equity-denied groups include but are not limited to first-generation university students, disabled, Indigenous, people of colour, economically disadvantaged, and 2SLGBTQIAP+



When?
May 1st at 6pm

Where?
On Zoom
Use the link to register
bit.ly/42z0DZ7

Why?

- To learn about different health professions and what this look like from a student and clinician point of view.
- Provide information regarding the upcoming D'HoPE summer program

For more information:
<https://diversifying-health-professions.ubc.ca/diversifying.health.professions@ubc.ca>

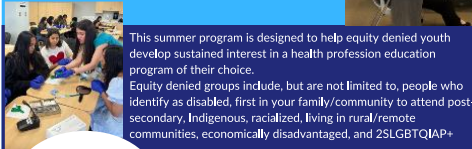
THE UNIVERSITY OF BRITISH COLUMBIA



Diversifying Health Professions Education

D'HoPE PROGRAM

Diversifying Health and Human Service Professions Education
Join us on the UBC Vancouver campus for an interactive summer program!



This summer program is designed to help equity denied youth develop sustained interest in a health profession education program of their choice. Equity denied groups include, but are not limited to, people who identify as disabled, first in your family/community to attend post-secondary, Indigenous, racialized, living in rural/remote communities, economically disadvantaged, and 2SLGBTQIAP+

The program exposed me to a variety of health professions, including ones I had never even heard of before through panels, interactions with faculty, students, and admissions staff, and fun activities!

AUGUST 18 - AUGUST 22 2025

Application Deadline: May 10th 11:59pm

Apply Here!
 <https://ubc.ca/diversifying-health-professions/apply>

PARTICIPATE IN THIS PROGRAM AND:

- Meet practitioners and students from the health professions and engage in mentorship & connection opportunities
- Familiarize yourself with the offered health professions programs at UBC, including Medicine, Occupational Therapy, Physical Therapy, Nursing, and Dentistry
- Learn about the admissions process, scholarship & funding info, and more
- Visit research, clinical, and teaching sites the UBC health profession programs

FOR MORE INFORMATION:
<https://diversifying-health-professions.ubc.ca/diversifying.health.professions@ubc.ca>

THE UNIVERSITY OF BRITISH COLUMBIA



Deadline: June 1, 2025

Show us what the City of Richmond means to you through art!

How would you use art to represent Richmond's unique values, spirit and identity?



For more information on how to participate visit lets.talk.richmond.ca/OCPYouthArtContest

Have your artwork featured on the cover of (or inside) Richmond's Official Community Plan to 2050.

Get creative and be part of shaping Richmond's future!



a smoke-free generation video contest

What would happen if young people never had the chance to start smoking at all?

Help BC Lung protect the next generation of youth by creating a video on why you want to live a smoke-free life. Unleash your creativity, inspire others and win!

WIN \$1000 SCHOLARSHIP!

deadline: may 25, 2025

1. plan your message.

why do I want to live a smoke-free life?



2. create your video.



3. edit and submit.



See contest details at bclung.ca/videocontest

or scan the QR code!



Be A Volunteer!

Accepting Applications starting Jan 2nd

May 26 - June 1 2025

Perks

- Free snacks and treats at the Volunteer Centre
- Free wristband to the Activity Village
- Signed Confirmation outlining that you volunteered "x" hours for the Festival.
- School credit for Volunteer and/or Work Experience
- Eligible for a Reference
- Letter for volunteers who contribute a minimum of 24 hours

Why Volunteer?

- Get involved in an exciting creative project
- Meet extraordinary people
- Learn and develop new skills
- Take part in a festive community event where you are encouraged to dress up every day you come to work
- Share your love of interacting by volunteering with kids
- Show that you care about your community

Please contact us at volunteer@childrensfestival.ca or call 604-708-5655 with any questions, we would love to hear from you!

childrensfestival.ca Volunteer@childrensfestival.ca



VOLUNTEERS NEEDED FOR THE STEVESTON SALMON FESTIVAL

It's about COMMUNITY

Tuesday, July 1st 2025
11:00 AM - 5:00 PM

OPPORTUNITIES AVAILABLE ALL DAY

To sign up, visit www.icanhelp.richmond.ca



Apply for the
**Young Women
in Public Safety**
student employment
opportunity

Posez votre candidature
au programme
**Jeunes femmes
en sécurité publique**
pour une possibilité
d'emploi étudiant



For more information, visit www2.gov.bc.ca/gov/content/employment-opportunities/young-women-in-public-safety
or contact your school's career advisor.

Government of Canada / Gouvernement du Canada

CONNEST
CONTRACTING

BUILDING TOMORROW YOUTH TRADES FAIR

MAY 14, 2025
6:00 PM - 9:30 PM



ILLUMINATE CENTRE

S.U.C.C.E.S.S.

風雨同路華語家長互助小組 CHINESE PARENTS SUPPORT GROUP



ZOOM
10:00 A.M. - 11:30 A.M.

歡迎6-19歲青少年子女家長參加 學習及交流養育子女的心得

每月第2個及第4個星期三 (2024年9月至2025年6月) 普通話 | 費用全免

家庭及青少年輔導部: CAROL SHU | 604-335-2832 | CAROL.SHU@SUCCESS.BC.CA



**FAMILY AND COMMUNITY SERVICES – GROUP PROGRAM
Chinese Parent Support Group 風雨同路家長互助小組
2024 – 2025 GROUP ACTIVITIES SCHEDULE 活動計劃**

DATE	ACTIVITIES
September 11	Welcome back orientation 歡迎歸隊 – 活動計劃介紹
September 25	Understand puberty 理解孩子的青春期
October 9	What's the difference between parents' generation and children's one? 理解家長和孩子的隔代的差異
October 23	How to understand the relationship between children and games? 如何理解孩子和遊戲的關係?
November 6	How to improve children's social skills? 如何提高孩子的社交技巧
November 20	How to increase children's self-confidence? 如何提高孩子的自信心
December 4	How to improve children's resilience? 如何提高孩子的承受挫折的能力
January 8	How to handle children's puppy love? 如何處理孩子的早戀
January 22	How to guide children to identify the quality of a relationship? 如何教導孩子分辨關係品質
February 5	How to address conflicts between parents and children? 如何處理家長和孩子之間的矛盾
February 19	How to manage anxiety as a parent? 父母該如何管理自己的焦慮
March 5	How to support children when they are bullied at school? 如何應對校園欺凌
March 19	How to help children to handle cyber-bully? 如何幫助孩子應對網絡暴力
April 2	Anger management for parents. 家長的憤怒管理
April 16	How to handle children's anger? 如何應對孩子的憤怒
May 7	How to praise and encourage children? 如何表揚和鼓勵孩子
May 21	How to make children be more willing to listen to you? 如何讓孩子更願意聽你的話?
June 4	How to do when you have different parenting opinions with your partner? 當你和你的配偶有不同的育兒意見時該怎麼辦
June 18	Year End Gathering 年終聚會

S.U.C.C.E.S.S. Page 2 of 2 updated: 2025 01 16



BECOME HOMESTAY at the RICHMOND SCHOOL DISTRICT

Be a host for an international student for a month, semester or year. Richmond International Education (RIE) Homestay Program is looking for local families to offer a welcoming home.

Contact us to find out more about this enriching opportunity.

study@sd38.bc.ca 604-668-6217



FOUNDRY
RESILIENCE

QUEER & TRANS RESILIENCE GROUP

Support for navigating sexual orientation & gender expression

Affirm what shapes your resilience as Queer/ Trans/ 2SLGBTQIA+

Standing Up for Yourself

Self-Worth & Self-Esteem

Feb. 20 – May 8 (12 sessions)
Thursdays 4pm-6pm
Ages 16-24
Registration/Orientation Required

LGBTQ+

Email: Ajay.Sahota@ch.ca
or text 604-250-5461 for info/ to sign-up

Breaking BARRIERS

Do you often feel stressed, anxious, angry, or overwhelmed?
Breaking BARRIERS is a mindfulness-based stress reduction group for teens.

Each week, members learn more about stress (e.g. its impact on our thoughts, emotions and behaviors) and add new skills and strategies to their stress-management toolkit (e.g. coping with stress and fostering calmness in everyday life).

What type of skills and strategies will you learn?
You'll learn an abundance of techniques that you can use in all areas of life, such as grounding exercises, guided mindfulness practices, visualizations, emotional regulation and self-care.

Date, Time, Location
Dates: April 2025 - Specific dates TBD.
Length: 8 weekly sessions
Time: 4:00pm-6:00pm
Location: Touchstone Family Association
3031 Viking Way, Suite 210, Richmond

TO REGISTER, PLEASE CONTACT:
Kelsey Eberwein keberwein@touchfam.ca 604-313-1372
Kelly Gault kgault@touchfam.ca 604-207-5024



THE POWER OF GROUP

TOUCHSTONE FAMILY ASSOCIATION
3031 VIKING WAY, RICHMOND B.C.

AGES: 13-19
SNACKS AND TRANSPORT PROVIDED

DATES: 8-WEEK SESSIONS
WEDNESDAYS – APRIL-JUNE 2025

CONTACT:
KELSEY EBERWEIN
KEBERWEIN@TOUCHFAM.CA

KELLY GAULT
KGALT@TOUCHFAM.CA

CALL: 604.279.5599
TOUCHSTONEFAMILY.CA


BREAKING BARRIERS

BREATHE
ANCHOR
RELAX
RECONNECT

MINDFULNESS-BASED STRESS-REDUCTION FOR TEENS

STARTING SOMETHING NEW CAN BE HARD. WE UNDERSTAND THIS, WE DO OUR BEST TO MAKE IT COMFORTABLE FOR OUR YOUTH

fun fact: DOING HARD THINGS ACTUALLY INCREASES BRAIN MATTER AND IMPROVES SELF-ESTEEM.



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